

Youth ! Arise, Awake and Adopt the Right Path of Life

(A compact Self-Guide for the modern students and youth on the "Right Path of Life" for laying a proper and strong foundation of life during their youth period and for living a successful, purposeful, prosperous, happy and peaceful human life upon this earth plane)

Volume - 5

Swami Sivananda Saraswati
Swami Chidananda Saraswati

Compiled by
Mohan Lal Agrawal

Second Edition 2019

Authors : Swami Sivananda Saraswati
Swami Chidananda Saraswati

Compiler : Mohan Lal Agrawal

Publisher : Mohan Lal Agrawal
At.- Kansari Para
P.O/Dist.- Bolangir
(Odisha), PIN - 767001

Printer : Jayashree Printers
At:- Old Palace Road,
P.O/Dist:- Bolangir
(Odisha), PIN - 767 001

© Copy right reserved with:-
(1) Mohan Lal Agrawal, Compiler,
(2) Bishnu Debananda Agrawal.
All rights reserved

First edition 2012 - 1000 copies
Second edition 2019 - 50 copies
(Enlarged, revised and recast edition)

This book is meant for free distribution amongst the modern students and youth, with a fervent prayer to them to kindly study the book earnestly and carefully and put the knowledge gained from the teachings contained in the lessons of the book into practice in their day-to-day life sincerely and diligently, for their own highest good and supreme welfare.

Views of Students and Youth, Teachers and Professors, Educationists and Academicians, School, College and University Administrators, Editors of News Papers and all other Readers, on this book are humbly and earnestly invited in the following address:-

MOHAN LAL AGRAWAL, AT: - KANSARI PARA,
P.O/DIST: - BOLANGIR (ODISHA), PIN - 767 001,

**TABLE OF CONTENTS —
ALL VOLUMES (No. 1 to 16)**

Part - A		
PROLOGUE		
VOLUME - 1		
Section	A	Publisher's Note to the second edition
Section	B	Publisher's Note to the first edition
Section	C	Compiler's Note to the second edition
Section	D	Compiler's First Prayer to the modern Students and Youth
Section	E	Spiritual Outlook for the Youth
Section	F	Acknowledgement
Section	G	Students, Spiritual Literature and Sivananda (A Booklet)
Section	H	Moral and Spiritual Regeneration (Excerpts from a Book)
Section	I	Life Building and Successful Living — Ways and Means
VOLUME - 2		
Section	J	Value Education (Moral, Ethical, Religious and Spiritual Education) — Its burning necessity in the life of the modern students and youth
Section	K	Sivananda Literature — Its great benefits for the modern students and youth in life building and successful living
Section	L	"Save the Youth, Save the Nation" — Compiler's humble, open Prayer to Governments, all Institutions and fellow Citizens
VOLUME - 3		
Section	M	Philosophy, Science, Religion, Yoga and God
Part - B		
INTRODUCTION TO HUMAN LIFE		
Lesson	1	Real Nature of Human Beings
Lesson	2	True Purpose of Human Life

Part - C		FOUNDATION OF SUCCESSFUL HUMAN LIFE
VOLUME - 4		
Lesson	3	Good Physical Health — The First Foundation of Successful Human Life (Health, Food, Health & Hygiene, Exercises, <i>Hatha Yoga</i> , <i>Asanas</i> , <i>Bandahs</i> , <i>Mudras</i> , <i>Kriyas</i> , Special Instructions, Relaxation)
VOLUME - 5		
Lesson	3	Good Physical Health — The First Foundation of Successful Human Life (Contd.) — (<i>Pranayam</i> , Special Instructions, Relaxation, Sleep, Mental Therapeutics, Twenty-four Precepts)
VOLUME - 6		
Lesson	4	Powerful Mind — The Second Foundation of Successful Human Life (Mind, its nature, mysteries and control; Thought Power)
VOLUME - 7		
Lesson	4	Powerful Mind — The Second Foundation of Successful Human Life (Contd.) — (Memory culture, Will culture, Thought culture, Concentration (<i>Dharana</i>), Meditation (<i>Dhyana</i>), Mental hygiene)
VOLUME - 8		
Lesson	5	Celibacy (<i>Brahmacharya</i>) — The Basis of Successful Human Life, both secular and spiritual
VOLUME - 9		
Lesson	6	Noble Character (<i>Satcharitra</i>) — The Third Foundation of Successful Human Life
Lesson	7	Moral and Ethical Conduct (<i>Sadachara</i>) — The Fourth Foundation of Successful Human Life

		Personality development
Part - D		GRAND OBJECTS OF ASPIRATION OF IDEAL HUMAN LIFE
		VOLUME - 10
Lesson	8	Indian Culture (<i>Bharatiya Sanskruti</i>)
Lesson	9	Religious Pursuit (<i>Dharma</i> or Ethical Value) — The First, Foremost and The Foundational Grand Object of Aspiration of Ideal Human Life
		VOLUME - 11
Lesson	10	One's prescribed duties (<i>Svadharma</i>)
Lesson	11	Economic Pursuit (<i>Artha</i> or Economic Value) and Vital Pursuit (<i>Kama</i> or Vital Value) — The Second and The Third Grand Objects of Aspiration of Ideal Human Life
Lesson	12	Spiritual Pursuit (<i>Moksha</i> or Spiritual Value) — The Fourth and The Supreme Grand Object of Aspiration of Ideal Human Life
		VOLUME - 12
Lesson	13	Spiritual Preceptor (<i>Aadhyatmik Guru</i>)
Lesson	14	<i>Japa</i> Yoga
Lesson	15	Yoga of Synthesis (<i>Samanwaya Yoga</i>)
		VOLUME - 13
Lesson	16	Divine Life (<i>Divya Jeevana</i>)
Lesson	17	Company of Saints (<i>Satsanga</i>) and Study of Holy Scriptures (<i>Svadhyaya</i>)
Part - E		ACHIEVEMENT OF THE FOUR GRAND OBJECTS OF ASPIRATION OF IDEAL HUMAN LIFE
		VOLUME - 14
Lesson	18	Domestic Life and Spiritual Life
Lesson	19	Spiritual Practices (<i>Aadhyatmik Sadhana</i>)

Lesson	20	Resolve Form, Spiritual Diary and Daily Introspection
		VOLUME - 15
Part - F		ADVICES TO STUDENTS
Lesson	21	How to lead a successful life and Twelve Keys to Happiness and Success for Youth — Swami Chidananda Saraswati
Lesson	22	Twenty Advices to Students, An Ideal Daily Routine for Students and Daily Diary for Students — Swami Sivananda Saraswati
Part - G		UNITY OF RELIGIONS AND WORLD PEACE
Lesson	23	Unity of Religions
Lesson	24	World Peace
		VOLUME - 16
Part - H		EPILOGUE
Section	A	<i>Upanishadic</i> Convocation
Section	B	Universal Prayer
Section	C	Life Building and Successful Living — Further Ways and Means
Section	D	Living of Religious and Ethical Life (<i>Dharmik Jeevana</i>) and Spiritual Life (<i>Aadhyatmik Jeevana</i>) during student life and youth period
Section	E	Compiler's Last Prayer to the modern Students and Youth
Section	F	Message of Swami Chidananda to modern Students and Youth
Section	G	Message of Swami Sivananda to modern Students and Youth
Section	H	Message of Swami Sivananda to Teachers and Professors
Section	I	Message of Swami Sivananda to Universities, Colleges and Schools

Section	J	Message of Swami Sivananda to modern Men
Section	K	Message of the Himalayas
Section	L	Model Sivananda Study Circle
Section	M	Model 01 Day Students' Awareness Programme
Section	N	Model 05 Days Students' Awareness Programme
Part - I		APPENDICES
Appendix	1	Brief Life Sketch of Swami Sivananda Saraswati
Appendix	2	Brief Life Sketch of Swami Chidananda Saraswati
Appendix	3	Sivananda — The Ideal Modern Saint
Appendix	4	Sivananda's Influence in the West
Appendix	5	Modern Prophet of the Himalayas
Appendix	6	National Code of Conduct
Appendix	7	Complete Books of Swami Sivananda Saraswati
Appendix	8	List of Books, Authors and Publishers

CONTENTS

Table of Contents of Present Volume No. 5

PART — C — FOUNDATION FOR SUCCESSFUL HUMAN LIFE

Lesson	Contents	Page No.
Lesson - 3 (Contd.)	Good Physical Health — The First Foundation of Successful Human Life	
	(A). Pranayama	
	CHAPTER ONE	
	1. Prana and Pranayama	13
	2. What is Prana?	14
	3. Seat of Prana	16
	4. Sub-Pranas and Their Functions	17
	5. The Colour of Pranas	17
	6. The Length of the Air-currents	18
	7. The Centring of the Prana	18
	8. The Lungs	18
	9. Ida and Pingala	21
	10. Sushumna	22
	11. Kundalini	23
	12. Shat-Chakras	23
	13. Nadis	24
	14. Purification of Nadis	24
	15. Shat-Karmas (The Six Purificatory Processes)	26
	16. Dhauti	26
	17. Basti	27
	18. Neti	27

Lesson	Contents	Page No.
	19. Trataka (Gazing)	28
	20. Nauli	28
	21. Kapalabhati	28
	CHAPTER TWO	
	1. The Meditation Room	29
	2. The Five Essentials	29
	3. The Place	30
	4. The Time	31
	5. The Adhikari	31
	6. Dietetic Discipline	32
	7. Yogic Diet	33
	8. Mitahara	33
	9. Purity in Food	33
	10. Charu	34
	11. Milk Diet	34
	12. Fruit Diet	35
	13. Articles Allowed	35
	14. Articles Forbidden	36
	15. A Kutir for Sadhana	37
	16. Matra	37
	17. Padmasana (Lotus Pose)	37
	18. Siddhasana (The Perfect Pose)	38
	19. Svastikasana (Prosperous Pose)	38
	20. Samasana (Equal Pose)	39
	21. Three Bandhas	39
	22. Arambha Avastha	40
	23. Ghata Avastha	40
	24. Parichaya Avastha	41

Lesson	Contents	Page No.
	25. Nishpatti Avastha	42
	CHAPTER THREE	
	1. What is Pranayama	43
	2. Pranayama (According to the Gita)	43
	3. Pranayama (According to Sri Sankaracharya)	44
	4. Pranayama (According to Yogi Bhusunda)	44
	5. Control of Breath	46
	6. Varieties of Pranayama	48
	7. Three Types of Pranayama	51
	8. The Vedantic Kumbhaka	52
	9. Pranayama for Nadi-suddhi	53
	10. Mantra During Pranayama	54
	11. Exercise No. 1	54
	12. Exercise No. 2	55
	13. Exercise No. 3	55
	14. Exercise No. 4	55
	15. Deep Breathing Exercise	56
	16. Kapalabhati	57
	17. The External Kumbhaka (Bahya)	58
	18. Easy Comfortable Pranayama (Sukha Puraka)	59
	19. Pranayama for Awakening Kundalini	59
	20. Pranayama During Meditation	60
	21. Pranayama While Walking	61
	22. Pranayama in Savasana	62
	23. Rhythmic Breathing	62

Lesson	Contents	Page No.
	24. Surya Bheda	63
	25. Ujjayi	64
	26. Sitkari	65
	27. Sitali	65
	28. Bhastrika	66
	29. Bhramari	68
	30. Murchha	68
	31. Plavini	68
	32. Kevala Kumbhaka	69
	33. Pranic Healing	70
	34. Distant Healing	71
	35. Relaxation	72
	36. Relaxation of Mind	72
	37. Importance and Benefits of Pranayama	73
	38. Special Instructions	76
	APPENDIX	
	1. Concentration on Solar Plexus	87
	2. Yogic Diet	88
	3. Sivananda's Pranayama	96
	4. Kundalini Pranayama	97
	B. The Aspirant's Daily Routine	108
	C. Science of Relaxation	110
	D. Relaxation	115
	E. Mental Relaxation	118
	F. Sleep	120
	G. Mental Therapeutics	125
	H. Twenty - four Precepts	138

(A) PRANAYAM
(SWAMI SIVANANDA)
CHAPTER ONE
PRANA AND PRANAYAMA

Pranayama is an exact science. It is the fourth Anga or limb of Ashtanga Yoga. “Tasmin Sati Svasaprasvasayor-gatvicchedah Pranayamah”—Regulation of breath or the control of Prana is the stoppage of inhalation and exhalation, which follows after securing that steadiness of posture or seat, Asana. Thus is Pranayama defined in Patanjali Yoga Sutras, Ch. II - 49.

‘Svasa’ means inspiratory breath and ‘Prasvasa’ is expiratory breath. Breath is the external manifestation of Prana, the vital force. Breath, like electricity, is gross Prana. Breath is Sthula, gross. Prana is Sukshma, subtle. By exercising control over this breathing you can control the subtle Prana inside. Control of Prana means control of Mind. Mind cannot operate without the help of Prana. The vibrations of Prana only produce thoughts in the mind. It is Prana that moves the mind. It is Prana that sets the mind in motion. It is the Sukshma Prana or Psychic Prana that is intimately connected with the mind. This breath represents the important fly-wheel of an engine. Just as the other wheels stop when the driver stops the fly-wheel, so also the other organs cease working when the Yogi stops the breath. If you can control the fly-wheel, you can easily control the other wheels. Likewise, if you can control the external breath, you can easily control the inner vital force, Prana. The process by which the Prana is controlled by regulation of external breath is termed Pranayama.

Just as a goldsmith removes the impurities of gold by heating it in the hot furnace, by strongly blowing the blow-pipe, so also the Yogic student removes the impurities of the body

and the Indriyas by blowing his lungs, i.e., by practising Pranayama.

The chief aim of Pranayama is to unite the Prana with the Apana and take the united Prana-apana slowly towards the head. The effect or fruit of Pranayama is Udghata or awakening of the sleeping Kundalini.

WHAT IS PRANA?

“He who knows Prana knows Vedas” is the important declaration of the Sutras. You will find in Vedanta Sutras: “For the same reason, breath is Brahman.” Prana is the sum total of all energy that is manifest in the universe. It is the sum total of all the forces in nature. It is the sum total of all latent forces and powers which are hidden in men and which lie everywhere around us. Heat, light, electricity, magnetism are the manifestations of Prana. All forces, all powers and Prana spring from the fountain or common source, ‘Atman’. All physical forces and all mental forces come under the category ‘Prana’. It is the force on every plane of being, from the highest to the lowest. Whatever moves or works or has life, is, but an expression or manifestation of Prana. Akasa or ether also is an expression of Prana. The Prana is related to mind and through mind to will, and through will to the individual soul, and through this to the Supreme Being. If you know how to control the little waves of Prana working through the mind, then the secret of subjugating universal Prana will be known to you. The Yogi who becomes an expert in the knowledge of this secret, will have no fear from any power, because he has mastery over all the manifestations of powers in the universe. What is commonly known as power of personality is nothing more than being successful in life, more influential and fascinating than others. It is all due to the power of this Prana. Such people manipulate everyday, unconsciously of course, the same influence which the Yogi uses consciously by the command of his will. There are others who

by chance tumble unaware of this Prana and use it for lower purposes under false names. This working of Prana is seen in the systolic and diastolic actions of the heart, when it pumps the blood into arteries in the action of inspiration and expiration during the course of breathing; in the digestion of food; in the excretion of urine and faecal matter; in the manufacture of semen, chyle, chyme, gastric juice, bile, intestinal juice, saliva; in closing and opening of the eyelids, in walking, playing, running, talking, thinking, reasoning, feeling and willing. Prana is the link between the astral and physical body. When the slender thread-link Prana is cut off, the astral body separates from the physical body. Death takes place. The Prana that was working in the physical body is withdrawn into the astral body.

This Prana remains in a subtle, motionless, unmanifested, undifferentiated state during the cosmic Pralaya. When the vibration is set up, Prana moves and acts upon Akasa, and brings forth the various forms. The macrocosm (Brahmada) and microcosm (Pindanda) are combinations of Prana (energy) and Akasa (matter).

That which moves the steam-engine of a train and a steamer, that which makes the aeroplanes fly in air, that which causes the motion of the breath in lungs, that which is the very life of this breath itself, is Prana. I believe, you have now a comprehensive understanding of the term Prana about which you had a very vague conception in the beginning.

By controlling the act of breathing you can efficiently control all the various motions in the body and the different nerve-currents that are running through the body. You can easily and quickly control and develop body, mind and soul through breath control or the control of Prana. It is through Pranayama that you can control your circumstances and character, and can consciously harmonise the individual life with the cosmic life.

The breath, directed by thought under the control of the

will, is a vitalising, regenerating force which you can utilise consciously for self-development; for healing many incurable diseases in your system; for healing others and for other various useful purposes.

It is within your easy reach at every moment of your life. Use it judiciously. Many Yogins of yore, like Sri Jnanadeva, Trailinga Swami, Ramalinga Swami and others, had utilised this breath, this force, the Prana, in a variety of ways. You can also do so, if you practise Pranayama by prescribed breathing exercises. It is Prana that you are breathing rather than the atmospheric air. Inhale slowly and steadily with a concentrated mind. Retain it as long as you can do it comfortably. Then exhale slowly. There should be no strain in any stage of Pranayama. Realise the occult inner life-powers which underlie the breath. Become a Yogi and radiate joy, light and power all around you.

Pranavadins or Hatha Yogins consider that Prana Tattva is superior to Manas Tattva, the mind principle. They say, Prana is present even when the mind is absent during sleep. Hence Prana plays a more vital part than the mind. If you go through the parables in Kaushitaki and Chhandogya Upanishads, when all the Indriyas, mind and Prana fight amongst themselves as to their superiority, you will find that Prana is regarded as the highest of all. Prana is the oldest, for it starts its functioning from the very moment the child is conceived. On the contrary, the organs of hearing, etc., begin to function only when their special abodes, viz., the ears, etc., are formed. Prana is called Jyestha and Sreshtha (oldest and best) in Upanishads. It is through the vibrations of psychic Prana that the life of the mind, Sankalpa or thinking, is kept up and thought is produced. You see, hear, talk, sense, think, feel, will, know, etc., through the help of Prana and therefore Srutis declare: "Prana is Brahman."

SEAT OF PRANA

The seat of Prana is heart. Though the Antahkarana is

one, yet it assumes four forms, viz., (i) Manas, (ii) Buddhi, (iii) Chitta and (iv) Ahamkara, according to the different functions it performs. Likewise, though Prana is one, it assumes five forms viz., (1) Prana, (2) Apana, (3) Samana, (4) Udana and (5) Vyana, according to the different functions it performs. This is termed as Vritti Bheda. The principal Prana is called Mukhya Prana. The Prana, joined with Ahamkara, lives in the heart. Of these five, Prana and Apana are the chief agents.

The seat of Prana is the heart; of Apana, the anus; of Samana, the region of the navel; of Udana, the throat; while Vyana is all-pervading. It moves all over the body.

SUB-PRANAS AND THEIR FUNCTIONS

Naga, Kurma, Krikara, Devadatta and Dhananjaya are the five sub-Pranas.

The function of Prana is respiration; Apana does excretion; Samana performs digestion; Udana does deglutition (swallowing of the food). It takes the Jiva to sleep. It separates the astral body from the physical body at the time of death; Vyana performs circulation of blood.

Naga does eructation and hiccup. Kurma performs the function of opening the eyes. Krikara induces hunger and thirst. Devadatta does yawning. Dhananjaya causes decomposition of the body after death. That man is never reborn, whenever he may die, whose breath goes out of the head, after piercing the Brahmarandhra.

THE COLOUR OF PRANAS

Prana is said to be of the colour of blood, red gem or coral. Apana, which is in the middle, is of the colour of Indragopa (an insect of white or red colour). Samana is of the colour between that of pure milk or crystal or of oily and shining colour, i.e., of something between both Prana and Apana. Udana is of Apandura (pale white) colour and that of Vyana resembles the colour of archil

(or that of ray of light).

THE LENGTH OF THE AIR-CURRENTS

This body of Vayu is 96 digits (6 feet) in length as a standard. The ordinary length of the air-current, when exhaled is 12 digits (9 inches). In singing, its length becomes 16 digits (1 foot), in eating it comes to 20 digits (15 inches), in sleeping 30 digits (22.5 inches), in copulation 36 digits (27 inches) and in doing physical exercise it is much more than that. By decreasing the natural length of the expired air-currents (from 9 inches), life is prolonged and by increasing the current, duration of life is decreased.

THE CENTRING OF THE PRANA

Inhaling the Prana from outside, filling the stomach with it, centre the Prana with the mind, in the middle of the navel, at the tip of the nose, and at the toes, during the 'Sandhyas' (sunrise and sunset) or at all times. Thus the Yogi is freed from all diseases and fatigues. By centring this Prana at the tip of the nose he obtains mastery over the elements of the air; by centring at the middle of his navel, all diseases are destroyed; by centring at the toes, his body becomes light. He who drinks air through the tongue destroys his fatigue, thirst and many other diseases. For him who drinks the air with his mouth, during the two Sandhyas and the last two hours of the night, within three months, the auspicious Sarasvati (Goddess of speech) is present in his Vak (speech), i.e., he becomes eloquent and learned. In six months he is free from all diseases. Drawing the air at the root of the tongue, the wise man thus drinking nectar enjoys all prosperity.

THE LUNGS

It will not be out of place here to mention a word on lungs and their functions. The organs of respiration consists of two lungs, one on either side of the chest and the air passages that lead to them. They are located in the upper thoracic cavity

of the chest, one on each side of the median line. They are separated from each other by the heart, the greater blood vessels and the larger air-tubes. The lungs are spongy, porous and their tissues are very elastic. The substance of the lungs contain innumerable air-sacs, which contain air. After post-mortem, when it is placed in a basin of water, it floats. They are covered by a delicate serous membrane called the pleura which contains serous fluid to prevent friction of the lungs, during the act of breathing. One wall of the pleura closely adheres to the lungs. The other wall is attached to the inner wall of the chest. Through this membrane the lungs are fixed to the wall of the chest. The right lung consists of three lobes. Each lung consists of an apex and a base. The base is directed towards the diaphragm, the muscular septum, the dividing wall between throat and abdomen. The apex is situated above, near the root of the neck. It is the base that gets inflamed in Pneumonia. The apex of the lung which does not get proper supply of oxygen gets affected by consumption. It affords favourable nidus or breeding ground for Tubercle Bacilli (T.B.). By the practice of Kapalabhati and Bhastrika Pranayama and deep breathing exercises, these apices get good supply of oxygen and thus phthisis is obviated. Pranayama develops the lungs. He who practices Pranayama will have a powerful, sweet, melodious, voice.

The air-passage consists of the interior of the nose, pharynx or throat, larynx or the wind box, or sounding box, which contains two vocal cords, trachea or windpipe, right and left bronchi and the smaller bronchial tubes. When we breathe, we draw in the air through the nose and after it has passed through the pharynx and larynx, it passes into the trachea or windpipe, thence into the right and left bronchial tubes, which in turn, subdivide into innumerable smaller tubes called bronchioles, and which terminate in minute subdivisions in the small air-sacs of the lungs, of which the lungs contain millions. The air-sacs of the lungs when spread out over an unbroken surface, would cover

an area of 1,40,000 square feet.

The air is drawn into the lungs by the action of the diaphragm. When it expands, the size of the chest and lungs is increased and the outside air rushes into the vacuum thus created. The chest and lungs contract, when diaphragm relaxes and the air is expelled from the lungs.

It is through vocal cords that are located in the larynx that sound is produced. Larynx is the sounding box. When the vocal cords are affected by too much straining, as in singing and continuous lecturing, the voice becomes hoarse. In females these cords are shorter. Hence they have a sweet melodious voice. The number of respiration per minute is 16. In pneumonia it is increased to 60, 70, 80 per minute. In Asthma, the bronchial tubes become spasmodic. They contract. Hence there is difficulty in breathing. Pranayama removes the spasm or constriction of these tubes. A small membranous flat cap rovers the upper surface of larynx. It is called Epiglottis. It prevents the food particles or water from entering into the respiratory passage. It acts the part of a safety valve.

When a small particle of food tries to enter the respiratory passage, cough comes in and the particle is thrown out.

Lungs purify the blood. The blood starts in its arterial journey, bright-red and rich-laden with life-giving qualities and properties. It returns by the venous route, poor, blue-laden with the waste matter of the system. Arteries are tubes or vessels that carry pure oxygenated blood from the heart towards the different parts of the body. Veins are vessels or tubes that carry back impure blood from the different parts of the body. The right side of the heart contains impure venous blood. From the right side of the heart the impure blood goes to the lungs, for purification. It is distributed among the millions of tiny air-cells of the lungs. A breath of air is inhaled and the oxygen of the air comes in contact with the impure blood through the thin walls of the hair-like blood-

vessels of the lungs called pulmonary capillaries. The walls of the capillaries are very thin. They are like muslin cloth or sieve. Blood oozes out or exudes readily. Oxygen penetrates through the walls of these thin capillaries. When the oxygen comes in contact with the tissues, a form of combustion takes place.

The blood takes up oxygen and releases carbonic acid gas generated from the waste products and poisonous matter, which has been gathered up by the blood from all parts of the system. The purified blood is carried by the four pulmonary veins to the left auricle and thence to the left ventricle. From the ventricle it is pumped into the biggest artery, aorta. From aorta, it passes into the different arteries of the body. It is estimated that in a day 35,000 pints of blood traverses the capillaries of the lungs for purification.

From the arteries the pure blood goes into the thin capillaries. From the capillaries the lymph of the blood exudes, bathes and nourishes the tissues of the body. Tissue respiration takes place in the tissues. Tissues take up the oxygen and leave the carbon dioxide. The impurities are taken by the veins to the right side of the heart.

Who is the creator of this delicate structure? Are you feeling the invisible hand of God behind these organs? The structure of this body bespeaks undoubtedly of the omniscience of the Lord. The Antaryamin or the Indweller of our hearts supervises the working of the inner factory as Drashta. Without His presence, heart cannot pump blood into the arteries, Lungs cannot carry out the process of purifying the blood. Pray. Pay your silent homage to Him. Remember Him at all times. Feel His presence in all the cells of the body.

IDA AND PINGALA

There are two nerve-currents one on either side of the spinal column. The left one is called Ida and the right is known

as Pingala. These are Nadis. Tentatively, some take these as the right and the left sympathetic cords, but they are subtle tubes that carry Prana. The Moon moves in the Ida and the Sun in the Pingala. Ida is cooling. Pingala is heating. Ida flows through the left nostril and the Pingala through the right nostril. The breath flows through the right nostril for one hour and then through the left nostril for one hour. Man is busily engaged in worldly activities, when the breath flows through Ida and Pingala. When Sushumna operates, he becomes dead to the world, and enters into Samadhi. A Yogi tries his level best to make the Prana run in the Sushumna Nadi, which is known as the central Brahman Nadi also. On the left of Sushumna is situated Ida and on the right is Pingala. The moon is of the nature of Tamas and the sun is that of Rajas. The poison share is of the sun and the nectar is of the moon. Ida and Pingala indicate time. Sushumna is the consumer of time.

SUSHUMNA

Sushumna is the most important of all the Nadis. It is the sustainer of the universe and the path of the universe and the path of salvation. Situated at the back of the anus, it is attached to the spinal column and extends to the Brahmarandhra of the head and is invisible and subtle. The real work of a Yogi begins when Sushumna begins to function. Sushumna runs along the centre of the spinal cord or spinal column. Above the genital organs and below the navel is the Kanda, of the shape of a bird's egg. There arise from it all the Nadis 72,000 in number. Of these, seventy-two are common and generally known. Of these the chief ones are ten and they carry the Pranas. Ida, Pingala, Sushumna, Gandhari, Hastijihva, Pusa, Yusavini, Alambusa, Kuhuh and Sankhini are said to be the ten important Nadis. The Yogis should have a knowledge of the Nadis and the Chakras. Ida, Pingala and Sushumna are said to carry Prana and have Moon, Sun and Agni as their Devatas. When Prana moves in Sushumna, sit for meditation. You will have deep Dhyana. If the coiled-up energy,

Kundalini, passes up along the Sushumna Nadi and is taken up from Chakra to Chakra, the Yogi gets different sorts of experiences, powers and Ananda.

KUNDALINI

Kundalini is the serpent power or sleeping Sakti, that has 3.5 coils with face downwards, in the Muladhara Chakra, at the base of the spine. No Samadhi is possible without its being awakened. The practice of Kumbhaka in Pranayama produces heat and thereby Kundalini is awakened and passes upwards along the Sushumna Nadi. The Yogic practitioner experiences various visions. Then the Kundalini passes along the Six Chakras and eventually gets united with Lord Siva, seated on the Sahasrara or thousand-petalled lotus, at the crown of the head. Nirvikalpa Samadhi ensues now and the Yogi gets liberation and all the divine Aishvaryas. One should practise control of breath with concentration of mind. The awakened Kundalini that is taken up to Manipura Chakra may drop down again to Muladhara. It has to be raised again with effort. One should become perfectly desireless and should be full of Vairagya before he attempts to awaken Kundalini. Kundalini is like a thread and is resplendent. When it is awakened it hisses like a serpent beaten with a stick and enters the hole of Sushumna. When it travels from Chakra to Chakra, layer after layer of the mind becomes open and the Yogi acquires various Siddhis (psychic powers).

SHAT-CHAKRAS

Chakras are centres of spiritual energy. They are located in the astral body, but they have corresponding centres in the physical body also. They can hardly be seen by the naked eyes. Only a clairvoyant can see with his astral eyes. Tentatively they correspond to certain plexuses in the physical body. There are six important Chakras. They are: Muladhara (containing 4 petals) at the anus; Svadhisthana (6 petals) at the genital organ; Manipura (10 petals) at the navel; Anahata (12 petals) at the heart; Visuddha

(16 petals) at the throat and Ajna (2 petals) at the space between the two eyebrows. The seventh Chakra is known as Sahasrara, which contains a thousand petals. It is located at the top of the head. Sacral plexus tentatively corresponds to Muladhara Chakra; Prostatic plexus to Svadhisthana, Solar plexus to Manipura, Cardiac plexus to Anahata Chakra, Laryngal plexus to Visuddha Chakra and Cavernous plexus to Ajna Chakra.

NADIS

Nadis are astral tubes made up of astral matter that carry Pranic currents. They can be seen by the astral eyes only. They are not the nerves. They are 72,000 in number. Ida, Pingala and Sushumna are the important ones. Sushumna is the most important of all.

PURIFICATION OF NADIS

Pranayama is said to be the union of Prana and Apana. It is of three kinds—expiration, inspiration and retention. They are associated with the letters of the Sanskrit alphabet for the right performance of Pranayama. Pranava ॐ only is said to be Pranayama. Sitting in Padmasana (Lotus-posture) the person should meditate that there is, at the tip of his nose, Devi Gayatri, a girl of red complexion, surrounded by numberless rays of the image of the moon and mounted on Hamsa (Swan) having a mace in her hand. She is the visible symbol of the letter A (आ). The letter U (ऊ) has as its visible symbol Savitri, a young lady of white colour having a disc in her hand, riding on an eagle (Garuda). The letter M (ऋ) has as its visible symbol Sarasvati, an aged woman of black colour, riding on a bull, having a trident in her hand. He should meditate that the single letter, the supreme light—the Pranava OM (ॐ) is the origin or source of these letters—आ, ऊ and ऋ. Drawing up the air through Ida (left nostril) for the space of 16 Matras, he should meditate on the letter A (आ) during that time; retaining the inspired air for the space of 64 Matras he should meditate on the letter U (ऊ) during that

time; he should then exhale the inspired air for the space of 32 Matras, meditating on the letter M (M) during that lime. He should practise thus in the above order again and again.

Having become firm in the posture and having preserved perfect self-control, the Yogi should, in order to clear away the impurities of the Sushumna, sit in Padmasana, and having inhaled the air through the left nostril, should retain it as long as he can and should exhale through the right. Then drawing it again through the right and having retained it, he should exhale it through the left, in the order that he should draw it through the same nostril by which he had exhaled it before and had retained it. To those who practise it according to these rules, through the right and left nostrils, the Nadis become purified within three months. He should practise cessation of breath at sunrise, at midday, at sunset and at mid-night, slowly, 80 times a day, for 4 weeks. In the early stage, perspiration is produced; in the middle stage the tremor of the body; and in the last stage, levitation in the air. These results ensue out of the repression of the breath, while sitting in the Padma posture. When perspiration arises with effort, one should rub his body well. By this, the body becomes firm and light. In the early course of practice, food with milk and ghee is excellent. One, sticking to this rule, becomes firm in his practice and gets no Taapa (burning sensation) in the body. As lions, elephants and tigers are gradually tamed, so also the breath, when rigidly managed, comes under control.

By the practice of Pranayama, the purification of the Nadis, the brightening of the gastric fire, hearing distinctly of spiritual sounds and good health result. When the nervous centres have become purified through the regular practice of Pranayama, the air easily forces its way up through the mouth of the Sushumna, which is in the middle. By the contraction of the muscles of the neck and by the contraction of the one below, viz., Apana, the Prana goes into the Sushumna, which is in the middle, from the

west Nadi. Sushumna Nadi is between Ida and Pingala. The Prana which alternates ordinarily between Ida and Pingala, is restrained by long Kumbhaka; then along with the soul, its attendant, it will enter the Sushumna, the central Nadi, at one of three places where it yields space for entrance through such restraint of breath, and in the navel, by the Sarasvati Nadi, on the west. After such entry it is that the Yogi becomes dead to the world, being in that state called Samadhi. Drawing up the Apana and forcing down the Prana from the throat, the Yogi, free from old age, becomes a youth of sixteen. Through the practice of Pranayama chronic diseases, that defy Allopathic, Homeopathic, Ayurvedic and Unani doctors, will be rooted out.

When the Nadis have become purified, certain external signs appear on the body of the Yogi. They are lightness of the body, brilliancy in complexion, increase of the gastric fire, leanness of the body, and along with these, the absence of restlessness in the body. They are all signs of purification.

SHAT-KARMAS (THE SIX PURIFICATORY PROCESSES)

Those who are of a flabby and phlegmatic constitution only, should practise at first these six-Kriyas to prepare themselves for the practice of Pranayama, and their success comes in easily. These six Kriyas are: 1. Dhauti, 2. Basti, 3. Neti, 4. Trataka, 5. Nauli and 6. Kapalabhati.

DHAUTI

Take a clean piece of muslin cloth 4 fingers wide and 15 feet long. Dip it in tepid water. The borders of the cloth should be nicely stitched on all sides and no pieces of thread should be hanging loose. Then slowly swallow it and draw it out again. Swallow one foot the first day and increase it daily, little by little. This is called Vastra-Dhauti, In the beginning you may have slightly retching. It stops on the third day. This practice cures

diseases of the stomach, such as gastritis, Gulma (dyspepsia), belching, fever, lumbago, asthma, Pleeha (diseases of spleen), leprosy, skin-diseases and disorders of phlegm and bile. You need not practise it daily. You can practise it once a week or once in a fortnight. Wash the cloth with soap and keep it always clean. Drink a cup of milk after the practice is over; otherwise, you will feel a dry sensation inside.

BASTI

This can be practised with or without a bamboo tube. But it is better to have a bamboo-tube. Sit in a tub of water covering your navel. Assume the posture Utkatasana by resting your body on the forepart of your feet, the heels pressing against the posteriors. Take a small bamboo-tube 6 fingers long and insert 4 fingers of its length into the anus after lubricating the tube with vaseline or soap or castor oil. Then contract the anus. Draw the water into the bowels slowly. Shake well the water within the bowels and then expel the water outside. It is known as Jala-Basti. It cures Pleeha, urinary disorders, Gulma, myalga, dropsy, disorders of digestion, diseases of the spleen and bowels, diseases arising from the excess of wind, bile and phlegm. This Kriya should be done in the morning when the Stomach is empty. Drink a cup of milk or take your meals when the Kriya is over. This Kriya can be practised while standing in a river.

There is another way of doing Basti without the help of water. It is called Sthula-Basti. Sit in Paschimottanasana on the ground and churn the abdominal and intestinal portions slowly with a downward motion. Contract the sphincter muscles. This removes constipation and all the abdominal disorders. This is not so effective as the Jala-Basti.

NETI

Take a thin thread 12 fingers long (0.5 cubit) without knots. Insert it into the nostrils and passing it inside draw it out

by the mouth. You can also pass the thread through one nostril and pull it through the other. The thread is glued and thereby rendered stiff for passing through easily. This Kriya purifies the skull and produces clear and keen sight. Rhinitis and Coryza are cured thereby.

TRATAKA (GAZING)

Gaze steadily without winking with a concentrated mind at any small object, until tears begin to flow. By this practice all diseases of the eye are removed. Unsteadiness of the mind vanishes. Sambhavi Siddhi is obtained. Will-power is developed. Clairvoyance is induced.

NAULI

This is abdominal churning with the help of rectus muscle of the abdomen. Bend the head down. Isolate the rectus muscle and turn it from right to left and from left to right. This removes constipation, increases the digestive fire and destroys all intestinal disorders.

KAPALABHATI

Do Rechaka and Puraka rapidly like the bellows of a blacksmith. This destroys all the disorders of phlegm. Detailed instructions are given separately.

CHAPTER TWO

THE MEDITATION ROOM

Have a separate meditation room under lock and key. Never allow anyone to enter the room. Keep it sacred. If you cannot afford to have a special room for contemplative purposes and for practising Pranayama, have a place in the corner of a quiet room, set apart for this purpose. Have it screened. Place the photo of your Guru or Ishta-Devata in the room in front of your Asana. Do Puja daily to the picture, physically and mentally, before you start meditation and Pranayama. Burn incense in the room or burn Agarbathi (incense sticks). Keep some sacred books there such as Ramayana, Srimad Bhagavata, Gita, Upanishads, Yoga-Vasishtha, etc., for your daily study. Spread a fourfold blanket and over it a piece of soft white cloth. This will serve the purpose of an Asana. Or spread an Asana of Kusa grass. Over it spread a deer or tiger skin. Sit on this Asana for practising Pranayama and meditation. You can have a raised platform made of cement. Over this you can spread your Asana. Small insects, ants, etc., will not molest you. When you sit on the Asana keep your head, neck and trunk in a straight line. By doing so, the spinal cord that lies within the spinal column will be quite free.

THE FIVE ESSENTIALS

Five things are necessary for practising Pranayama. First a good place; second, a suitable time; third, moderate, substantial, light and nutritious food; fourth, patient and persistent practice with zeal, ease and earnestness, and lastly, The purification of Nadis (Nadi-Suddhi). When the Nadis are purified the aspirant enters the first stage in the practice of Yoga—'Arambha'. A Pranayama practitioner has a good appetite, good digestion, cheerfulness, courage, strength, vigour, a high standard of vitality and a handsome appearance. The Yogi should take his food at a time when Surya Nadi or Pingala is working, i.e., when the breath flows through the right nostril, because Pingala is heating and

digests the food quickly.

Pranayama should not be practised just after taking meals, nor when one is very hungry. Gradually one should be able to retain the breath for 3 Ghatikas (one hour and a half) at a time. Through this, the yogi gets many psychic powers. When anyone wants to stop the breath for a long period, he should remain by the side of a Yogi Guru, who knows the practice of Pranayama thoroughly. The breath can be suspended by graduated practice from one to three minutes without the help of anybody. Suspension for three minutes is quite sufficient for purifying the Nadis and steadyng the mind and for the purpose of good health.

THE PLACE

Select a solitary, beautiful and pleasant spot, where there are no disturbances, on the bank of a river, lake or the sea or the top of a hill where there is a nice spring and grove of trees, and where milk and articles of food are easily procurable. Build a small Kutir or hut. Have one compound. In the corner of the enclosure, sink a well. It is impossible to get an ideal place that can satisfy you from all viewpoints.

The banks of Narmada, Yamuna, Ganga, Kaveri, Godavari, Krishna are very suitable for building Kutirs or huts. You must select one such spot, where there are some other Yogic practitioners in the neighbourhood. You can consult them in times of difficulties. You will have faith in the Yogic Kriyas. When you see others also who are devoted to such Yogic practices, you will diligently apply yourself in your practice, as you will get an impetus and you will strive to excel them. Nasik, Rishikesh, Jhansi, Prayag, Uttarkasi, Brindavan, Ayodhya, Varanasi, etc., are good places. You can fix a spot in a place far from the crowded localities. If you build a Kutir in a crowded place, people out of curiosity will molest you. You will have no spiritual vibrations there. You will be without any protection if you build your cottage in a thick forest. Thieves and wild animals will

trouble you. The question of difficulty for food will arise. In Svetasvatara Upanishad it is said: "At a level place, free from pebbles, fire and gravel, pleasant to the eyes, and repairing to a cave, protected from the wind, let a person apply his mind to God."

Those who practise in their own houses can convert a room into a forest. Any solitary room will serve their purpose well.

THE TIME

The practice of Pranayama should be commenced in Vasanta Ritu (spring) or Sarad Ritu (autumn) because in these seasons success is attained without any difficulty or troubles. The Vasanta is the period from March to April. The Sarad, autumn, lasts from September to October. In summer do not practise Pranayama in the afternoon or evening. In the cool morning hours you can have your practice.

THE ADHIKARI

One who has a calm mind, who has subdued his Indriyas, who has faith in the words of the Guru and Sastras, who is an Astika (i.e., one who believes in God) and is moderate in eating, drinking and sleeping and one who has an eager longing for deliverance from the wheel of births and deaths—is an Adhikari (qualified person) for the practice of Yoga. Such a man can easily get success in the practice. Pranayama should be practised with care, perseverance and faith.

Those who are addicted to sensual pleasures or those who are arrogant, dishonest, untruthful, diplomatic, cunning and treacherous; those who disrespect Sadhus, Sannyasins and their Gurus or spiritual preceptors and take pleasure in vain controversies, and are of a highly talkative nature, those who are disbelievers, who mix much with worldly-minded people, who are cruel, harsh and greedy and do much useless Vyavahara,

can never attain success in Pranayama or any other Yogic practice.

There are three types of Adhikaris, viz., 1. good (Uttama), 2. middle (Madhyama) and 3. inferior (Adhama) according to Samskaras, intelligence, degree of Vairagya, Viveka and Mumukshutva and the capacity for Sadhana.

You must approach a Guru, who knows Yogasastra and has mastery over it. Sit at his lotus-feet. Serve him. Clear your doubts through sensible and reasonable questions. Receive instructions and practise them with enthusiasm, zeal, attention, earnestness and faith according to the methods taught by the teacher.

A Pranayama practitioner should always speak kind and sweet words. He must be kind to everybody. He must be honest. He must speak the truth. He must develop Vairagya, patience, Sraddha (faith), Bhakti (devotion), Karuna (mercy), etc. He must observe perfect celibacy. A householder should be very moderate in sexual matters during the practice.

DIETETIC DISCIPLINE

The proficient in Yoga should abandon articles of food detrimental to the practice of Yoga. He should give up salt, mustard, sour, hot, pungent and bitter things, asafoetida, worship of fire, women, too much walking, bathing at sunrise, emaciation of the body by fasts, etc. During the early stages of practice, food of milk and ghee is ordained; also food consisting of wheat, green pulse and red rice is said to favour the progress. Then he will be able to retain his breath as long as he likes. By thus retaining the breath as long as he likes Kevala Kumbhaka (cessation of breath without inspiration and expiration) is attained. When Kevala Kumbhaka is attained by one, expiration and inspiration are dispensed with. There is nothing unattainable in the three worlds for him. In the

commencement of his practice sweat gets out. As a frog moves by leaps so the Yogi sitting in Padmasana moves on the earth. With a further increased practice, he is able to rise from the ground. He, while seated in lotus-posture, levitates. Then arise in him the power to perform extraordinary feats. Any pain, small or great, does not affect the Yogi. Then excretions and sleep are diminished; tears, rheum in the eyes, salivary flow, sweat and bad smell in the mouth, do not arise in him. With a still further practice, he acquires great strength by which he attains Bhuchara Siddhi which enables him to bring under his control all the creatures that tread on this earth; tigers, Sarabhas, elephants, wild bulls and lions even die by a blow given by the palms of this Yogi. He becomes as beautiful as the God of Love himself. By the preservation of the semen a good odour pervades the body of the Yogi.

YOGIC DIET

Instinct or voice within will guide you in the selection of articles of diet. You are yourself the best judge to form a Sattvic Yogic menu to suit your temperament and constitution. Further information is given in the Appendix.

MITAHARA

Take wholesome Sattvic food half stomachful. Fill a quarter with pure water. Allow the remaining quarter free for expansion of gas and for propitiating the Lord.

PURITY IN FOOD

“Ahara-suddhau sattva-suddhih, Sattva-suddhau dhruva-smritih, Smritilambhe sarvagranthinam vipramokshah.” By the purity of food, follows the purification of the inner nature; on the purity of the inner nature, the memory becomes firm; and on the strengthening of memory follows the loosening of all ties, and the wise get liberation thereby.

You must not practise Pranayama just after meals. When you are very hungry, then also you must not practise. Go to the water closet and empty the bowels before you begin Pranayama. A Pranayama-practitioner should observe Samyama (control) in food and drink.

Those who are strict and regular in diet derive immense benefits during the course of practice. They get success quickly. Those persons who suffer from chronic constipation and who are in the habit of defecating in the afternoon can practise Pranayama in the early morning without answering the calls of nature. They should try their level best by some means or other to get an evacuation of their bowels in the early morning.

Food plays a very important role in Yoga Sadhana. An aspirant should be very, very careful in the selection of articles of diet in the beginning of his Sadhana period. Later on when Pranayama-Siddhi is obtained, drastic dietetic restrictions can be removed.

CHARU

This is a mixture of boiled, white rice, ghee, sugar and milk. This is a wholesome combination for Brahmacharins and Pranayama-practitioners.

MILK DIET

Milk should be scalded but not too much boiled. The process of scalding is that the milk should be immediately removed from the fire as soon as the boiling point is reached. Too much boiling destroys the vitamins, the mysterious nutritive principles and renders it quite useless as an article of diet. Milk is a perfect food by itself, containing as it does the different nutritive constituents in a well-balanced proportion. It leaves very little residue in the bowels. This is an ideal food for Yogic students during Pranayama practice.

FRUIT DIET

A fruit diet exercises a benign, soothing influence on the constitution and is a very desirable diet for Yogins. This is a natural form of diet. Fruits are very great energy-producers. Bananas, grapes, sweet oranges, apples, pomegranates, mangoes, Chikkus (Sapota) and dates are wholesome fruits. Lemons possess anti-scorbutic properties and act as restoratives to blood. Fruit-juice contains vitamin C. Chikkus increase pure blood. Mangoes and milk is a healthy agreeable combination. You can live on mangoes and milk alone. Pomegranate juice is cooling and very nutritious. Bananas are very nutritious and substantial. Fruits help concentration and easy mental focussing.

ARTICLES ALLOWED

Barley, wheat, ghee, milk, almonds promote longevity and increase power and strength. Barley is a fine article of diet for a Yogi and Sadhaka. It is cooling too. Sri Swami Narayan, the author of 'Ek Santka Anubhav', who wears a Kaupin of gunny bag, lives on bread, made up of barley. He recommends barley bread to his disciples. It is said that Emperor Akbar lived upon barley.

You can take wheat, rice, barley, milk, bread, cow's milk, ghee, sugar, butter, sugar-candy, honey, dried ginger (Soont), green pulse, Moongdal, Panchashaka vegetables, Peypudalai, potatoes, raisins, dates, light Khichdi of green dal. Khichdi is a light food and can be agreeably taken. The food should be reduced in proportion to the increase in Kumbhaka. You must not reduce your food much in the beginning of your practice. You must use your commonsense all throughout the Sadhana. Toor-ki-dal can be taken. The Pancha-Shaka belongs to the species of spinach. They are excellent vegetables; the thick succulent young leaves are boiled and seasoned or fried with ghee. They are five in number, viz., Seendil, Chakravarthi, Ponnangani, Chirukeerai and

Valloicharnai keerai. When the Pingala or Suryanadi runs in the right nostril, you must take your food. Suryanadi produces heat. It will digest the food well. You may take jack-fruit, cucumber, brinjal, plantain-stem, lauki, parval and bhindi (lady's finger).

ARTICLES FORBIDDEN

Highly seasoned dishes, hot curries, chutneys, meat, fishes, chillies, sour articles, tamarind, mustard, all kinds of oil, asafoetida, salt, garlic, onions, urad-ki-dal (black gram), all bitter things, dry foods, black sugar, vinegar, alcohol, sour curd, stale foods, acids, astringents, pungent stuff, roasted things, heavy vegetables, over-ripe or unripe fruits, pumpkins, etc., must be avoided. Meat can make man a scientist, but rarely a Philosopher, Yogi or a Tattva Jnani. Onions and garlic are worse than meat. All food-stuff contain a small quantity of salt. So, even if you do not add salt separately, the system will derive the necessary quantity of salt from other food-stuffs. The giving up salt will not produce deficiency of hydrochloric acid and dyspepsia as allopathic doctors foolishly imagine. Salt excites passion. No ill-effects are produced by the giving up of salt. Mahatma Gandhi and Swami Yogananda had given up salt for over thirteen years. Giving up salt helps you in controlling the tongue and thereby the mind also and in developing will-power too. You will have good health. Sitting before fire, company of women and worldly-minded people, Yatra, long walk, carrying heavy burdens, cold bath in the early morning, harsh words, speaking untruth, dishonest practices, theft, killing animals, Himsa of all kinds either in thought, word or deed, hatred and enmity towards any person, fighting, back-biting, tale-bearing, crookedness, talks other than those of Atman and Moksha, cruelty towards animals and men, too much-fasting or eating only once every day, etc., etc., are not allowed for a Pranayama-practitioner.

A KUTIR FOR SADHANA

The Pranayama student should erect a beautiful room or Kutir with a very small opening and with no crevices. It should be well pasted with cow-dung or with white cement. It should be absolutely free from bugs, mosquitoes and lice. It should be swept well every day with a broom. It should be perfumed with good odour and fragrant resin should be burnt therein. Having taken his seat, neither too high nor too low, on an Asana, made of a cloth, deer-skin and Kusha grass one over the other, a wise man should assume the lotus-posture and keeping his body erect and his hands folded in respect should salute his tutelary deity and Sri Ganesa by repeating 'Om Sri Ganesaya Namah'. Then he should begin to practise Pranayama.

MATRA

The time taken in making a round of the palm of the hand, neither very slow nor very quickly snapping the fingers once, is called Matra.

Each time-unit is called Matra. The twinkling of an eye is sometimes taken as the period of one Matra. Time occupied by one normal respiration is considered as one Matra. Time taken up in pronouncing the mono-syllable, OM, is regarded as one Matra. This is very convenient. Many Pranayama-practitioners adopt this time-unit in their practice.

PADMASANA (LOTUS POSE)

This is also known by the name Kamalasana. Kamala means lotus. When the Asana is demonstrated it presents the appearance of a lotus in a way. Hence the name Padmasana.

Amongst the four poses prescribed for Japa and Dhyana, Padmasana comes foremost. It is the best Asana for contemplation. Rishis like Gheranda, Sandilya, speak very highly of this important Asana. This is highly agreeable for householders. Even ladies can sit in this Asana. Padmasana is suitable for lean

persons and for youths as well.

Technique

Sit on the ground by spreading the legs forward. Then place the right foot on the left thigh and the left foot on the right thigh. Place the hands on the knee-joints. You can make a finger-lock and keep the locked hands over the left ankle. This is very convenient for some persons. Or you can place the left hand over the left knee and the right hand over the right knee with the palm facing upwards and the index finger touching the middle portion of the thumb (Chinmudra).

SIDDHASANA (THE PERFECT POSE)

Next to Padmasana comes Siddhasana in importance. Some eulogise this Asana as even superior to Padmasana for the purpose of Dhyana (contemplation). If you get mastery over this Asana you will acquire many Siddhis. Further, it was being practised by many Siddhas (perfected Yogins) of yore. Hence the name Siddhasana.

Even fatty persons with big thighs can practise this Asana daily. In fact this is better for some persons than Padmasana. Young Brahmacharins, who attempt to get established in celibacy, should practise this Asana. This is not suitable for ladies.

Technique

Place the left heel at the anus or Guda, the terminal opening of the alimentary canal or digestive tube. Keep the right heel on the root of the generative organs; the feet or legs should be so nicely arranged that the ankle-joints should touch each other. Hands can be placed as in Padmasana.

SVASTIKASANA (PROSPEROUS POSE)

Svastika is sitting at ease with the body erect. Spread the legs forward. Fold the left leg and place the foot near the right thigh muscles. Similarly, bend the right leg and push the

foot in the space between the thigh and calf muscles. Now you will find the feet between the thighs and calves of the legs. This is very comfortable for meditation. Keep the hands as instructed in Padmasana.

SAMASANA (EQUAL POSE)

Place the left heel at the beginning of the right thigh and the right heel at the beginning of the left thigh. Sit at ease. Do not bend either on the left or right. This is called as Samasana.

THREE BANDHAS

There are four Bhedas (piercing of divisions) viz., Surya, Ujjayi, Sitali and Basti. Through these four ways, when Kumbhaka is near or about to be performed, the sinless Yogi should practise the three Bandhas. The first is called Mula Bandha. The second is called Uddiyana, and the third is Jalandhara. Their nature will be thus described. Apana which has a downward tendency is forced up by contracting and drawing the anus upwards. This process is called Mula Bandha. When Apana is raised up and reaches the sphere of Agni (fire), then the flame of Agni grows long, being blown about by Vayu. The Agni and Apana come to or commingle with Prana in a heated state. Through this Agni, which is very fiery arises in the body the flaming of fire which arouses the sleeping Kundalini. Then the Kundalini makes a hissing noise, becomes erect like a serpent beaten with a stick and enters into the hole of Brahmanadi (Sushumna). Therefore Yogins should daily practise Mula Bandha. Uddiyana should be performed at the end of Kumbhaka and at the beginning of inhalation. Because Prana 'Uddiyate'—goes up the Sushumna in this Bandha, it is called Uddiyana by the Yogins. Being seated in the Vajra and holding firmly the two toes by the two hands near the two ankles, he should gradually upbear the Tana (thread or Nadi, the Sarasvati Nadi) which is on the western side of U dara (the upper part of the abdomen, above the navel), then to neck. When Prana

reaches Sandhi (junction) of navel, slowly it removes the diseases of the navel. Uddiyana can be done in standing posture also. When you practise in standing posture, place your hand on the knees or a little above the knees. Keep the legs a little apart.

The Bandha called Jalandhara should be practised at the end of Puraka. Jalandhara is of the form of contraction of the neck and is an impediment to the passage of Vayu upwards. When the neck is contracted by bending the head downwards, so that the chin may touch the chest, Prana goes through Brahmanadi. Assuming the seat, as mentioned before, one should stir up Sarasvati and control Prana. On the first day Kumbhaka should be done four times, on the second day ten times and then five times separately. On the third day, twenty times will do and afterwards Kumbhaka should be performed with the Bandhas and with an increase of two times per day.

ARAMBHA AVASTHA

Prana ॐ should be chanted with three Matras (prolonged intonations). This is for the destruction of the former sins. The Matra, Pranava, destroys all obstacles and all sins. By practising this he obtains the 'Arambha Avastha' (the beginning of first stage). The body of the Yogi begins to perspire. When it perspires he should rub it well with the hands. The trembling of the body also occurs. He sometimes jumps like a frog.

GHATA AVASTHA

Then follows the Ghata Avastha, the second state, which is acquired by constantly practising suppression of breath. When a perfect union takes place between Prana and Apana, Manas and Buddhi, or Jivatman and Paramatman, without opposition, it is called Ghata Avastha. He may now practise only for about one-fourth of the period prescribed for the practice before. By day and by evening let him practise only for a Yama (3 hours). Let him practise the Kevala Kumbhaka once a day. Drawing

away completely the organs from the objects of senses during cessation of breath is called Pratyahara. Whatever he sees with his eyes, let him consider as Atman. Whatever he hears with the ears, let him consider as Atman. Whatever he smells with his nose, let him consider as Atman. Whatever he tastes with his tongue, let him consider as Atman. Whatever the Yogi touches with his skin, let him consider as Atman. Then various wonderful powers are obtained by the Yogi, such as clairvoyance, clairaudience, ability to transport himself to great distances within a moment, great power of speech, ability to take up any form he likes, ability to become invisible and the wonder of transmuting iron into gold.

That Yogi who is carefully practising Yoga attains the power to levitate. Then, should the wise Yogi think that these powers are great obstacles in the attainment of Yoga, he should never take delight or recourse to them. The Yogins should not exercise these powers before any person whomsoever. He should live in the world as an ordinary man in order to keep his powers concealed. His disciples would, without doubt, request him to show them His powers for the gratification of their desire. One, who is actively engaged in one's (world-imposed) duties, forgets to practise Yoga. So he should practise day and night nothing but Yoga without forgetting the words of his Guru. Thus he, who is constantly engaged in Yogic practices, passes the Ghata state. Nothing is gained by useless company of worldly-minded people. Therefore, one should with great effort shun evil company and practise Yoga.

PARICHAYA AVASTHA

Then by such constant practice, the Parichaya Avastha (the third state) is gained. Vayu or breath, through arduous practice pierces the Kundalini, along with Agni through thought and enters the Sushumna, uninterrupted. When one's Chitta enters the Sushumna along with the Prana, it reaches the high seat in

the head, along with Prana. When the Yogi by the practice of Yoga acquires power of action (Kriya Sakti) and pierces through the Six Chakras and reaches the secure condition of Parichaya, the Yogi then verily sees the threefold effects of Karma. Then let the Yogi destroy the multitude of Karmas by the Pranava (ॐ). Let him accomplish 'Kaya-Vyuha', a mystical process of arranging the various Skandhas of the body and taking various bodies, in order to exhaust all his previous Karmas without the necessity of being reborn. At that time let the great Yogi practise the five Dharanas or forms of concentration by which, command over the five elements is gained and fear of injuries by any one of them is removed.

NISHPATTI AVASTHA

This is the fourth stage of Pranayama. Through graduated practice the Yogi reaches the Nishpatti Avastha, the state of consummation. The Yogi, having destroyed all the seeds of Karma drinks the nectar of immortality. He feels neither hunger nor thirst, nor sleep nor swoon. He becomes absolutely independent. He can move anywhere in the world. He is never reborn. He is free from all diseases, decay and old age. He enjoys the bliss of Samadhi. He is no longer in need of any Yogic practice. When the skilful tranquil Yogi can drink the Prana Vayu by placing tongue at the root of the palate, when he knows the laws of action of Prana and Apana, then he becomes entitled to liberation.

A Yogic student will automatically experience all these Avastha one by one as he advances in his systematic, regular practices. An imptient student cannot experience any of these Avasthas through occasional practices. Care should be taken in the observance of Mitahara and Brahmacharya.

CHAPTER THREE

WHAT IS PRANAYAMA

Tasmin sati svasaprasvasayor-gativicchedah pranayamah — “Regulation of breath or the control of Prana is the stoppage of inhalation and exhalation, which follows after securing that steadiness of posture or seat.”

This is the definition of Pranayama in the Yoga Sutras of Pantanjali.

‘Svasa’ means inspiratory breath. ‘Prasvasa’ means expiratory breath. You can take up the practice of Pranayama after you have gained steadiness in your Asana (seat). If you can sit for 3 hours in one Asana, continuously at one stretch, you have gained mastery over the Asana. If you are able to sit from half to one hour even, you can take up the practice of Pranayama. You can hardly make any spiritual progress without the practice of Pranayama.

Prana is Vyasthi, when the individual is concerned. The sum total of the cosmic energy or cosmic Prana is Hiranyagarbha who is known as the floating ‘Golden-Egg’. Hiranyagarbha is Samashti Prana. One match stick is Vyasthi (single). The whole match box is Samashti. A single mango-tree is Vyasthi. The whole mango grove is Samashti. The energy in the body is Prana. By controlling the motion of lungs or respiratory organs, we can control the Prana that is vibrating inside. By control of Prana, the mind can be easily controlled, because the mind is fastened to the Prana, like the bird to the string. Just as the bird that is tied to a post by a string, after flying here and there, finds its resting place in the post, so also this mind-bird after running hither and thither, in various sensual objects, finds its resting place during deep sleep in the Prana.

PRANAYAMA (ACCORDING TO THE GITA)

Apante juhvati pranam prane'panam tathapare;

Pranapana-gatee ruddhva pranayamaparayana (Gita, Ch. IV-29). Others offer Prana (outgoing breath) in Apana (incoming breath) and Apana in Prana, restraining the passage of Prana and Apana, absorbed in Pranayama. Pranayama is a precious Yajna (sacrifice). Some practise the kind of Pranayama called Puraka filling in. Some practise the kind of Pranayama called Rechaka (emptying). Some are engaged in the practice of Pranayama called Kumbhaka, by impeding the outward passage of air, through the nostrils and the mouth, and by impeding the inward passage of the air, in the opposite direction.

PRANAYAMA (ACCORDING TO SRI SANKARACHARYA)

“Pranayama is the control of all the life-forces by realising naught but Brahman in all things as the mind, etc.

“The negation of the Universe is the outgoing breath. The thought ‘I am Brahman’ itself is called the incoming breath.

“The permanence of that thought thereafter is the restrained breath. This is the Pranayama of the wise, while the pressing of the nose is only for the unknown.” (*Aparokshanubhuti*, 118-120)

PRANAYAMA (ACCORDING TO YOGI BHUSUNDA)

Bhusunda says to Sri Vasishtha: “In the cool lotus of the heart within this visible tenement of flesh composed of the five elements, there are two Vayus, viz., Prana and Apana, commingled in it. For those who tread smoothly and without any of the slightest efforts, the path of these two Vayus will become the sun and the moon themselves in the heart — Akasa, and will rove in the Akasa and yet be animating and carrying their fleshy-tabernacle. These Vayus will go up and down to higher and lower states. They are of the same nature in the waking, dreaming and dreamless

sleeping state, and permeate all throughout. I am moving in the direction of those two Vayus and have rendered nil all my Vasanjas in the waking state lit unto those of the dreamless sleeping state. Divide a filament of the lotus-stalk into a thousand times and you will find these Vayus more subtle than that. Hence it is difficult for me to treat about the nature of these Vayus and their vibrations. Of these, Prana does ceaselessly vibrate in this body with an upward motion, both externally and internally, while Apana, having the same fluctuating tendency, vibrates both external and internal to the body having a downward motion. It will be beneficial if the Prana, exhaled to the extent of 16 digits, is inhaled to the same extent. Only 12 digits are inhaled ordinarily. Those who have brought to experience—viz., the equalisation of Prana in exhalation and inhalation will enjoy infinite bliss.

“Now hear about the characteristics of Prana. The inhalation to the length of 12 digits of the Prana which has been exhaled, is called (the internal) Puraka (inhalation). This also is called the internal (Puraka), when Apana Vayu re-enters the body from outside without any effort. When Apana Vayu ceases to manifest itself and Prana gets absorbed in the heart, then the time occupied in such a state is (internal) Kumbha, Yogins are able to experience all these. When the Prana in the Akasa of the heart manifests itself externally (to the heart within) in diverse aspects without any affliction to the mind then it is called (the external) Rechaka (exhalation). When the externally fluctuating Prana enters the nose and stops there at its tip, then it is called the external Puraka. But when it is passing from the tip of the nose it goes down 12 digits. Then also it is called the external Puraka. When Prana goes arrested without and Apana within, then it is called the external Kumbhaka, When the shining Apana Vayu takes an upward bent within, then it is styled the external Rechaka. All these practices lead to Moksha. Therefore they should ever be meditated upon. Those who have understood and practised well all the external and internal

Kumbhakas and others, will never be reborn.

“All the eight courses, I have given out before, are capable of yielding Moksha. They should be practised both day and night. Those who are associated with these practices smoothly, and control their minds by not letting them run in other directions, will in course of time attain Nirvana. Such practitioners will never thirst after material pleasures. They will ever be in their uniform practice, whether walking, standing, waking, dreaming or sleeping.

“Prana, having flown out, will again be absorbed in the heart having run back 12 digits. Similarly will Apana be absorbed in the heart, having issued out of the heart and running back 12 digits to it. Apana being the moon, will cool the whole body in its passage. But Prana being the sun, will generate heat in the system and cook or digest everything in it. Will pains arise in one who has reached that supreme state, where the Kalas (rays) of Apana the moon, are drowned by Prana the sun? Will rebirth arise in one who has reached that powerful seat, when the Kalas of Prana, the sun, are devoured by Apana the moon? These will arrest at once the seven births of those who reach that neutral state where they find Apana Vayu consumed by Prana and vice versa. I eulogise that Chidatma, who is in that intermediate state, where Prana and Apana are absorbed in one another. I meditate ceaselessly upon that Chidatma, who is in the Akasa, directly in front, at the end of my nose, where Prana and Apana both become extinct. Thus it is through this path of Prana’s control, that I attained the supreme and immediate Tattva, devoid of pains.”

CONTROL OF BREATH

The first important step is to master the Asana of posture or to control the body. The next exercise is Pranayama. Correct posture is indispensable requisite for the successful practice of Pranayama. An easy comfortable posture is Asana. That pose is

the best which continues to be comfortable for the greatest length of time. Chest, neck, and head must be in one vertical line. You should not bend the body either forwards or laterally, i.e., either on the right or left side. You should not sit crooked. You should not allow the body to collapse. You must not bend the body either forwards or backwards. By regular practice the mastery over the pose will come by itself. Fatty people will find it difficult to practise the Padma Asana or the Lotus Pose or Siddha Asana (perfected pose). You need not wait for practising Pranayama till you get full mastery over the Asana. Practice Asana and side by side you can practise Pranayama also. In course of time, you will acquire perfection in both. Pranayama can also be practised by sitting in the chair erect.

In Bhagavad-Gita, the Immortal Song of Lord Krishna, you will find a beautiful description of seat and pose: "In a pure secret place, all by himself, established in a fixed seat of his own, neither too high nor too low, with cloth, black antelope-skin and Kusa grass one over the other, there, making the mind one-pointed, with thought and the functions of the senses controlled, steady on his seat, he should practise Yoga for the purification of the Self, holding the body, head and neck erect, firm, gazing steadily at the tip of the nose without looking around" (Ch. VI—10, 11 & 12).

Pranayama is the control of the Prana and the vital forces of the body. It is regulation of the breath. This is the most important step. The aim of Pranayama is the control of Prana. Pranayama begins with the regulation of the breath for having control over life-currents or inner vital force. In other words, Pranayama is the perfect control of the life-currents through control of breath. Breath is external manifestation of the gross Prana. A correct habit of breathing must be established by the regular practice of Pranayama. In ordinary worldly persons the breathing is irregular.

If you control the Prana you can completely control all the forces of the Universe, mental and physical. The Yogi can also control the Omnipresent manifesting power out of which all energies take their origin, whether concerning magnetism, electricity, gravitation, cohesion, nerve-currents, vital forces or thought-vibrations, in fact the total forces of the Universe, physical and mental.

If one controls the breath or Prana, the mind also is controlled. He who has controlled his mind has also controlled his breath. If one is suspended, the other is also suspended. If the mind and Prana are both controlled, one gets liberation from the round of births and deaths and attains immortality. There is intimate connection between the mind, Prana and semen. If one controls the seminal energy, the mind and Prana are also controlled. He who has controlled his seminal energy has also controlled his Prana and mind.

He who practises Pranayama will have good appetite, cheerfulness, handsome figure, good strength, courage, enthusiasm, a high standard of health, vigour and vitality and good concentration of mind. Pranayama is quite suitable for the Westerners also. A Yogi measures the span of his life not by the number of years but by the number of his breaths. You can take in a certain amount of energy or Prana from the atmospheric air along with each breath. Vital capacity is the capacity shown by the largest quantity of air a man can inhale after the deepest possible exhalation. A man takes fifteen breaths in a minute. The total number of breaths comes to 21,600 times per day.

VARIETIES OF PRANAYAMA

"Bahya-abhyantara-stambha-vrittih-desa-kaala-sankhyabhih paridrishto deergha-sukshmah."

Yoga Sutras — Ch. II - 50

Pranayama is regarded lengthy or subtle according to its

three components, the external, the internal and the steady; the retention processes are modified by the regulation of space, time and number.

When the breath is expired, it is Rechaka, the first kind of Pranayama. When the breath is drawn in, it is the second, termed Puraka. When it is suspended, it is the third kind, called Kumbhaka. Kumbhaka is retention of breath. Kumbhaka increases the period of life. It augments the inner spiritual force, vigour and vitality. If you retain the breath for one minute, this one minute is added to your span of life. Yogins by taking the breath to the Brahmarandhra at the top of the head and keeping it there, defeat the Lord of death, Yama, and conquer death. Chang Dev lived for one thousand and four hundred years through the practice of Kumbhaka. Each of these motions in Pranayama, viz., Rechaka, Puraka and Kumbhaka, is regulated by space, time and number. By space is meant the inside or outside of the body and the particular length or the breadth and also when the Prana is held in some particular part of the body. During expiration the distance to which breath is thrown outside varies in different individuals. The distance varies during inspiration also. The length of the breath varies in accordance with the pervading Tattva. The length of the breath is respectively 12, 16, 4, 8, 0 fingers' breadths according to the Tattvas—Prithvi, Apas, Tejas, Vayu and Akasa (earth, water, fire, air and ether). This is again external during exhalation and internal during inhalation.

Time is, the time of duration of each of these, which is generally counted by Matra, which corresponds to one second. Matra means a measure. By time is also meant how long the Prana should be fixed in a particular centre or part.

Number refers to the number of times the Pranayama is performed. The Yogic student should slowly take the number of Pranayamas to eighty at one sitting. He should have four sittings in the morning, afternoon, evening and midnight, or at 9 a.m.,

and should have thus 320 Pranayamas in all. The effect or fruit of Pranayama is Udghata or awakening of the sleeping Kundalini. The chief aim of Pranayama is to unite the Prana with the Apana and take the united Prana-Apana slowly upwards towards the head.

Kundalini is the source for all occult powers. The Pranayama is long or short according to the period of time it is practised. Just as water, thrown on a hot pan shrivels upon all sides as it is being dried up, so also air, moving in or out ceases its action by a strong effort of restraint (Kumbhaka) and stays within.

Vachaspati describes — “Measured by 36 Matras, is the first attempt (Udghata), which is mild. Twice that is the second, which is middling. Thrice that is the third, which is the intense. This is the Pranayama as measured by number.”

The ‘place’ of exhalation lies within 12 Angulas (inches) of the tip of nose. This is to be ascertained through a piece of reed or cotton. The place of inhalation ranges from the head down to the soles of the feet. This is to be ascertained through a sensation similar to the touch of an ant. The place of Kumbhaka consists of the external and internal places of both exhalation and inhalation taken together, because the functions of the breath are capable of being held up at both these places. This is to be ascertained through the absence of the two indicatives noted above, in connection with exhalation and inhalation.

The specification of the three kinds of breath regulations, by all these three—time, space and number—is only optional. They are not to be understood as to be practised collectively, for in many Smritis we meet with passages, where the only specification mentioned with reference to the regulation of breath is that of time.

The fourth is restraining the Prana by directing it to external

or internal object; “*Bahyabhyantaravishayakshesi chaturthah*” (Yoga Sutras: II -51).

The third kind of Pranayama that is described in Sutra 50 of the Yoga Sutras, is practised only till the first Udghata is marked. This fourth Pranayama is carried further. It concerns with the fixing of the Prana in the various lotuses (Padmas or Chakras) and taking it slowly, and slowly, step by step, and stage by stage to the last lotus in the head, where perfect Samadhi takes place. This is internal. Externally it takes into consideration the length of breath in accordance with the prevailing Tattva. Prana can be described either inside or outside.

By gradual mastery over the preliminary three kinds of Pranayama, the fourth kind comes in. In the third kind of Pranayama the sphere is not taken into consideration. The stoppage of the breath occurs with one single effort and is then measured by space, time and number and thus becomes Dirgha (long) and Sukshma (subtle). In the fourth variety, however the spheres of expiration and inspiration are ascertained. The different states are mastered by and by. The fourth variety is not practised all at once by a single effort like the third one. On the other hand, it reaches different states of perfection, as it is being done. After one stage is mastered, the next stage is taken up and practised. Then it goes in succession. The third is not preceded by measurements and is brought about by a single effort. The fourth is however preceded by the knowledge of the measurements, and is brought about by much effort. This is the only difference. The conditions of time, space and number are applicable to this kind of Pranayama also. Particular occult powers develop themselves at each stage of progress.

THREE TYPES OF PRANAYAMA

There are three types of Pranayama, viz., Adhama, Madhyama and Uttama (inferior, middle and superior). The Adhama Pranayama consists of 12 Matras, Madhyama consists

of 24 Matras and the Uttama occupies a time of 32 Matras. This is for Puraka. The ratio between Puraka, Kumbhaka and Rechaka is 1:4:2. Puraka is inhalation. Kumbhaka is retention. Rechaka is exhalation. If you inhale for a period of 12 Matras you will have to make Kumbhaka for a period of 48 Matras. Then the time for Rechaka will be 24 Matras. This is for Adhama Pranayama. The same rule will apply to the other two varieties. First, practise for a month Adhama Pranayama. Then practise Madhyama for three months. Then take up the Uttama variety.

Salute your Guru and Sri Ganesa as soon as you sit in the Asana. The time for Abhyasa is early morning 4 a.m., evening 4 p.m. and night 10 p.m. or 12 p.m. As you advance in practice you will have to do 320 Pranayamas daily.

Sagarbha Pranayama is that Pranayama, which is attended with mental Japa of any Mantra, either Gayatri or Om. It is one hundred times more powerful than the Agarbha Pranayama, which is plain and unattended with any Japa. Pranayama Siddhi depends upon the intensity of the efforts of the practitioner. An ardent enthusiastic student, with Parama Utsaha, Sahasa and Dridhata (zeal, cheerfulness and tenacity), can effect Siddhi (perfection) within six months; while a happy-go-lucky practitioner with Tandri and Alasya (drowsiness and laziness) will find no improvement even after eight or ten years. Plod on. Persevere with patience, faith, confidence, expectation, interest and attention. You are bound to succeed. Nil desperandum—Never despair.

THE VEDANTIC KUMBHAKA

Being without any distraction and with a calm mind, one should practise Pranayama. Both expiration and inspiration should be stopped. The practitioner should depend solely on Brahman; that is the highest aim of life, The giving out of all external objects is said to be Rechaka. The taking in of the spiritual knowledge of Sastras is said to be Puraka, and the keeping to oneself of such knowledge is said to be Kumbhaka. He is an emancipated person

who practises his Chitta thus. There is no doubt about it. Through Kumbhaka the mind should always be taken up and through Kumbhaka alone it should be filled up within. It is only through Kumbhaka that Kumbhaka should be firmly mastered. Within it, is 'Parama Siva', At first in his Brahmagrathi there is produced soon a hole or passage. Then having pierced Brahmagrathi, he pierces Vishnugrathi, then he pierces Rudragrathi, then the Yogin attains his liberation through the religious ceremonies, performed in various births, through the grace of Gurus and Devatas and through the practice of Yoga.

PRANAYAMA FOR NADI-SUDDHI

The Vayu cannot enter the Nadis if they are full of impurities. Therefore, first of all, they should be purified and then Pranayama should be practised. The Nadis are purified by two processes, viz., Samanu and Nirmanu. The Samanu is done by a mental process with Bija Mantra. The Nirmanu is done by physical cleansing or the Shatkarmas.

1. Sit on Padmasana. Meditate on the Bijakshara of Vayu व (Yam) which is of smoke colour. Inhale through the left nostril. Repeat the Bijakshara 16 times. This is Puraka. Retain the breath till you repeat the Bija 64 times. This is Kumbhaka. Then exhale through the right nostril very, very slowly till you repeat the Bijakshara 32 times.

2. The navel is the seat of Agnitattva. Meditate on this Agnitattva. Then draw the breath through the right nostril repeating 16 times the Agni Bija र (Ram). Retain the breath till you count the Bija 64 times. Then exhale slowly through the left nostril till you repeat mentally the Bija letter 32 times.

3. Fix the gaze at the tip of the nose. Inhale through the left nostril repeating the Bija थ (Tham) 16 times. Retain the breath till you repeat the Bija व (Vam) 64 times. Now imagine that the nectar that flows from the moon runs through all the vessels of

the body and purifies them. Then exhale slowly through the right nostril till you repeat the Prithvi Bija ल (Lam) 32 times. The Nadis are purified nicely by the practice of the above three kinds of Pranayama by sitting firmly in your usual posture.

MANTRA DURING PRANAYAMA

The Mantra for repetition during the practice of Pranayama is laid down in the Isvara Gita: "When the aspirant holding his breath repeats the Gayatri thrice, together with the seven Vyahritis in the beginning, the Siras at the end and the Pranava, one at both ends of it, this is, what is called the regulation of breath."

Yogi Yajnavalkya, on the other hand, declares thus; "The upward breath and the downward breath, having been restrained, regulation of breath is to be practised by means of the Pranava (ॐ) with due regard to the unit of measure of the Mantra.

This repetition of the Pranava alone is meant for the Paramahamsa Sannyasins. It has been declared in the Smritis, that ordinary contemplation is to be practised, through the inhalation and other stages of breath-regulation at one's navel, heart and forehead, with reference to the forms of Brahma, Vishnu and Siva respectively. For the Paramahamsa however, the only object of contemplation has been declared to be Brahman. "The self-controlled ascetic is to contemplate upon the supreme Brahman, by means of the Pranava," declares the Sruti.

EXERCISE NO. 1

Sit on Padmasana. Close your eyes. Concentrate on Trikuti (the space between the two eyebrows). Close the right nostril with your right thumb. Inhale slowly through the left nostril as long as you can do it with comfort. Then exhale very slowly through the same nostril. Do twelve times. This is one round.

Then inhale through the right nostril by closing the left nostril with your right ring and little fingers and exhale very slowly

through the same nostril. Do twelve times. This is one round.

Do not make any sound during inhalation and exhalation. Repeat your Ishta Mantra during the practice. In the second week of practice, do two rounds, in the third week, three rounds. Take rest for two minutes when one round is over. If you take a few normal breaths, when one round is over, that will give you sufficient rest and you will be fresh for the next round. There is no Kumbhaka in this exercise. You can increase the number of rounds according to your strength and capacity.

EXERCISE NO. 2

Inhale through both the nostrils slowly and gently. Do not retain the breath. Then exhale slowly. Do 12 times. This will constitute one round. You can do 2 or 3 rounds according to your capacity and strength and time at your disposal.

EXERCISE NO. 3

Sit on your Asana. Close the right nostril with your right thumb. Then inhale slowly through your left nostril. Close the left nostril with your right ring and little fingers and open the right nostril by removing the right thumb. Exhale very slowly through the right nostril. Then draw the air through the right nostril as long as you can do it with comfort and exhale through the left nostril by removing the right ring and little fingers. There is no Kumbhaka in this Pranayama. Repeat the process 12 times. This will constitute one round.

EXERCISE NO. 4

Meditate that the single letter, the Supreme light—Pranava or Om—is the origin or source of the three letters A, U and M. Inhale the air through Ida or left nostril for the space of 16 Matras (seconds), meditate on the letter 'A' during that time; retain the air for the space of 64 Matras, meditate on the letter 'U' during the time; exhale through the right nostril for the space of 32 Matras and meditate on the letter 'M' during that time. Practise this again

and again in the above order. Begin with 2 or 3 times and gradually increase the number to 20 or 30 times according to your capacity and strength. To begin with, keep the ratio 1:4:2. Gradually increase the ratio to 16:64:32.

DEEP BREATHING EXERCISE

Each deep breathing consists of a very full inhalation, through the nose and a deep, steady exhalation also, through the nose.

Inhale slowly as much as you can do. Exhale slowly as much as you can do.

During inhalation, observe the following rules:

1. Stand up. Place the hands on the hips; the elbows will be out and not forced backward. Stand at ease.

2. Lengthen the chest straight upwards. Press the hip bones with the hands in downward direction. A vacuum will be formed by this act and the air will rush in of its own accord.

3. Keep the nostrils wide open. Do not use the nose as a suction pump. It should serve as a passive passage for both the inhaled and the exhaled air. Do not make any sound when you inhale and exhale. Remember that correct breathing is noiseless.

4. Stretch the whole upper part of the trunk.

5. Do not arch the upper chest into a cramped position. Keep the abdomen naturally relaxed.

6. Do not bend the head far backwards. Do not draw the abdomen inwards. Do not force the shoulders back. Lift the shoulders up.

During the exhalation observe the following rules carefully:

1. Allow the ribs and the whole upper part of the trunk to sink down gradually.

2. Draw the lower ribs and abdomen upwards—slowly.

3. Do not bend the body too much forward. Arching of the chest should be avoided. Keep the head, neck and trunk in a straight line. Contract the chest. Do not breathe the air out through the mouth. Exhale very, very slowly without producing any noise.

4. Expiration simply takes place by relaxing the inspiratory muscles. The chest falls down by its own weight and expels the air out through the nose.

5. In the beginning, do not retain the breath after inhalation. When the process of inhalation is over begin exhalation at once. When you have sufficiently advanced in your practice, you can slowly retain the breath from five seconds to one minute according to your capacity.

6. When one round of three deep breathings is over, you can take a little rest, 'Respiratory pause'—by taking a few normal breaths. Then start the second round. During the pause, stand still in a comfortable position with hands on hips. The number of rounds can be fixed according to the capacity of the practitioner. Do 3 or 4 rounds and increase one round every week. Deep breathing is only a variety of Pranayama.

KAPALABHATI

'Kapala' is a Sanskrit word; it means skull. 'Bhati' means to shine. The term 'Kapalabhati' means an exercise that makes the skull shine. This Kriya cleanses the skull. So this is taken as one of the Shat-Karmas (six cleansing processes in Hatha Yoga),

Sit on Padmasana. Keep the hands on knees. Close the eyes. Perform Puraka and Rechaka rapidly. This should be practised vigorously. One will get perspiration profusely. This is a good form of exercise. Those who are well-versed in Kapalabhati can do Bhastrika very easily. There is no Kumbhaka in this Pranayama. Rechaka plays a prominent part. Puraka should be done quickly and forcibly by contracting the abdominal muscles with a backward push. When you do Puraka, release

the abdominal muscles. Some people naturally make a curve of the spine and bend their heads also. This is not desirable. The head and the trunk should be erect. Sudden expulsions of breath follow one another as in Bhastrika. To start with, you can have one expulsion per second. Gradually you can have two expulsions per second. To begin with do one round in the morning consisting of 10 expulsions only. In the second week, do one round in the evening. In the third week, do two rounds in the morning and two rounds in the evening. Thus every week, gradually and cautiously increase 10 expulsions to each round till you get 120 expulsions for each round.

It cleanses the respiratory system and the nasal passages. It removes the spasm in bronchial tubes. Consequently, Asthma is relieved and also cured in course of time. The apices of the lungs get proper oxygenation. Thereby they cannot afford favourable nidus (breeding grounds) for tubercle bacilli. Consumption is cured by this practice. Lungs are considerably developed. Carbon dioxide is eliminated in a large scale. Impurities of the blood are thrown out. Tissues and cells absorb a large quantity of oxygen. The practitioner keeps up good health. Heart functions properly. The circulatory and respiratory systems are toned to a considerable degree.

THE EXTERNAL KUMBHAKA (BAHYA)

Draw the air through the left nostril till you count 3 OMs; throw it out through the right nostril immediately without retaining it counting 6 OMs. Stop it outside till you count 12 OMs. Then draw the breath through the right; exhale it through the left and stop it outside as before, using the same units of Om for inhalation, exhalation and retention. Do six times in the morning and six times in the evening. Gradually increase the number of rounds and the time of Kumbhaka. Do not strain or fatigue yourself.

EASY COMFORTABLE PRANAYAMA (SUKHA PURAKA)

Sit on Padmasana or Siddhasana in your meditation room, before the picture of your Ishta Devata (guiding deity). Close the right nostril with the right thumb. Draw in the air very, very slowly through the left nostril. Then close the left nostril also with little and ring fingers of the right hand. Retain the air as long as you can comfortably do. Then exhale very, very slowly through the right nostril after removing the thumb. Now half the process is over. Then draw air through the right nostril. Retain the air as before and exhale it very, very slowly through the left nostril. All these six processes constitute one Pranayama. Do 20 in the morning and 20 in the evening. Gradually increase the number. Have a Bhava (mental attitude) that all the Daivi Sampat (divine qualities), e.g., mercy, love, forgiveness, Santi, joy, etc., are entering into your system along with the inspired air and all Asuri Sampat (devilish qualities) such as lust, anger, greed, etc., are being thrown out along with the expired air. Repeat Om or Gayatri mentally during Puraka, Kumbhaka and Rechaka. Hard-working Sadhakas can do 320 Kumbhakas daily in four sittings at the rate of 80 in each sitting.

This Pranayama removes all diseases, purifies the Nadis, steadies the mind in concentration, improves digestion, increases the digestive fire and appetite, helps to maintain Brahmacharya and awakens the Kundalini that is sleeping at the Muladhara Chakra. Purification of Nadis will set in rapidly. You will have levitation (rising above the ground) also.

PRANAYAMA FOR AWAKENING KUNDALINI

When you practise the following, concentrate on the Muladhara Chakra at the base of the spinal column, which is triangular in form and which is the seat of the Kundalini Sakti. Close the right nostril with your right thumb. Inhale through the

left nostril till you count 3 OMs slowly. Imagine that you are drawing the Prana with the atmospheric air. Then close the left nostril with your little and ring fingers of the right hand. Then retain the breath for 12 OMs. Send the current down the spinal column straight into the triangular lotus, the Muladhara Chakra. Imagine that the nerve-current is striking against the lotus and awakening the Kundalini. Then slowly exhale through the right nostril counting 6 OMs. Repeat the process from the right nostril as stated above, using the same units, and having the same imagination and feeling. This Pranayama will awaken the Kundalini quickly. Do it 3 times in the morning and 3 times in the evening. Increase the number and time gradually and cautiously according to your strength and capacity. In this Pranayama, concentration on the Muladhara Chakra is the important thing. Kundalini will be awakened quickly if the degree of concentration is intense and if the Pranayama is practised regularly.

PRANAYAMA DURING MEDITATION

If you do concentration and meditation, Pranayama comes by itself. The breath becomes slower and slower. You will practise this Pranayama daily unconsciously. When you are reading a sensational story-book or when you are solving a mathematical problem, your mind is really very much absorbed in the subject-matter. If you closely watch your breath on these occasions, you will find that the breath has become very, very slow. When you see a tragical story being enacted in the theatre or a film-show, when you hear a very sad striking news or some glad tidings, when you shed tears either of joy or sorrow, or burst into laughter, the breath is slackened— Pranayama comes by itself. In those Yogic students who practise Sirshasana, Pranayama comes by itself. It is obvious from these examples that when the mind is deeply concentrated on any subject, the respiration slows down or stops. Pranayama is being done automatically. Mind and Prana are intimately connected. If you turn your attention to watch the

breath on those occasions, it will regain its normal state. Pranayama comes by itself to those who are deeply absorbed in doing Japa, Dhyana and Brahma-Vichara (enquiry of Atman).

Prana, mind and Virya (seminal energy) are under one Sambandha (connection). If you can control the mind, Prana and Virya are controlled by themselves. If you can control Prana, mind and Virya are controlled by themselves. If you control the Virya by remaining as an Akhanda Brahmachari without emission of even a single drop of semen for 12 years, mind and Prana are controlled by themselves. Just as there is connection between wind and fire (light), so also there is connection between Prana and mind. Wind fans the fire. Prana also fans the mind. If there is no wind, fire or light gets steady. Hatha Yogins approach Brahman by controlling Prana. Raja Yogins approach Brahman by controlling mind.

In this Pranayama you need not close the nostrils. Simply close the eyes if you practise it in a sitting posture. Forget the body and concentrate. If you practise this during walking, just feel minutely the movement of the air that is inhaled and exhaled.

PRANAYAMA WHILE WALKING

Walk with head up, shoulders back and with chest expanded. Inhale slowly through both nostrils counting OM mentally 3 times, one count for each step. Then retain the breath till you count 12 OMs. Then exhale slowly through both nostrils till you count 6 OMs. Take the respiratory pass or rest after one Pranayama counting 12 OMs. If you find it difficult to count OM with each step, count OM without having any concern with the steps.

Kapalabhati can also be done during walking. Those who are very busy, can practise the above Pranayama during their morning and evening walks. It is like killing two birds with one stone. You will find it very pleasant to practise Pranayama while

walking in an open place, when delightful gentle breeze is blowing. You will be invigorated and innervated quickly to a considerable degree. Practise, feel and realise the marked, beneficial influence of this kind of Pranayama. Those who walk briskly, repeating OM mentally or verbally do practise natural Pranayama without any effort.

PRANAYAMA IN SAVASANA

Lie down on the back, quiet at ease, over a blanket. Keep the hands on the ground by the side and legs straight. The heels should be kept together, but the toes can remain a little apart. Relax all the muscles and nerves. Those who are very weak can practise Pranayama in this pose while lying on a bedstead. Draw the breath slowly without making any noise, through both nostrils. Repeat the process 12 times in the morning and 12 times in the evening. Chant OM mentally during the practice. If you like you can practise the 'easy comfortable posture' also. This is a combined exercise of Asana, Pranayama, meditation and rest. It gives rest not only to the body but also for the mind. It gives relief, comfort and ease. This is very suitable for aged people.

RHYTHMICAL BREATHING

The breathing in men and women is very irregular. In exhalation the Prana goes out 16 digits and in inhalation only 12 digits, thus losing 4 digits. But if you inhale for 16 digits as in exhalation then you will have rhythmical breathing. Then the power Kundalini will be aroused. By the practice of rhythmical breathing you will enjoy real good rest. You can control the respiratory centre that is situated in medulla oblongata and other nerves also, because the centre of respiration has a sort of controlling effect on other nerves. He who has calm nerves has a calm mind also.

If the units of exhalation and inhalation are the same, you will have rhythmical breathing. If you inhale till you count 6 OMs, exhale also till you count 6 OMs. This is breathing in and out in a

measured manner. This will harmonise the whole system. This will harmonise the physical body, mind, Indriyas and will soothe the tired nerves. You will experience full repose and calmness. All the bubbling emotions will subside and the surging impulses will calm down.

There is another variety of modification of rhythmic breathing. Inhale slowly through both nostrils for 4 OM's; retain the breath for 8 OM's (internal Kumbhaka); exhale slowly through both nostrils for 4 OM's; and retain the breath outside (external Kumbhaka) for 8 OM's.

Repeat the above process a number of times according to your strength and capacity. You can gradually increase the duration of inhalation and exhalation after some practice 8 OM's and the period between breaths to 16 OM's. But never try to increase the duration until you are sure that you have power and strength to do so. You must experience joy and pleasure in doing the same. You should not feel any undue strain. Pay considerable attention to keep up the rhythm. Remember that the rhythm is more important than the length of breath. You must feel the rhythm throughout your whole body. Practice will make you perfect. Patience and perseverance are needed.

SURYA BHEDA

Sit on Padmasana or Siddhasana. Close the eyes. Keep the left nostril closed with your right ring and little fingers. Slowly inhale without making any sound as long as you can do it comfortably through the right nostril. Then close the right nostril with your right thumb and retain the breath firmly pressing the chin against the chest (Jalandhara Bandha). Hold on the breath till perspiration oozes from the tips of the nails and roots of the hairs (hair follicles). This point cannot be reached at the very outset. You will have to increase the period of Kumbhaka gradually. This is the limit of the sphere of practice of Surya Bheda

Kumbhaka. Then exhale very slowly without making any sound through the left nostril by closing the right nostril with the thumb. Repeat OM mentally with Bhava and meaning during inhalation, retention and exhalation. Exhale after purifying the skull by forcing the breath up.

This Pranayama should again and again be performed, as it purifies the brain and destroys the intestinal worms and diseases arising from excess of wind (Vayu). This removes the four kinds of evils caused by Vayu and cures Vata or rheumatism. It cures rhinitis, cephalalgia and various sorts of neuralgia. The worms that are found in the frontal sinuses are removed. It destroys decay and death, awakens Kundalini Sakti and increases the bodily fire.

UJJAYI

Sit in Padmasana or Siddhasana. Close the mouth. Inhale slowly through both the nostrils in a smooth, uniform manner till the breath fills the space from the throat to the heart.

Retain the breath as long as you can do it comfortably and then exhale slowly through the left nostril by closing the right nostril with your right thumb. Expand the chest when you inhale. During inhalation a peculiar sound is produced owing to the partial closing of glottis. The sound produced during inhalation should be of a mild and uniform pitch. It should be continuous also. This Kumbhaka may be practised even when walking or standing. Instead of exhaling through the left nostril, you can exhale slowly through both nostrils.

This removes the heat in the head. The practitioner becomes very beautiful. The gastric fire is increased. It removes all the evils arising in the body and the Dhatus and cures Jalodara (dropsy of the belly or ascites). It removes phlegm in the throat, Asthma, consumption and all sorts of pulmonary diseases are cured. All diseases that arise from deficient inhalation of oxygen,

and diseases of the heart are cured. All works are accomplished by Ujjayi Pranayama. The practitioner is never attacked by diseases of phlegm, nerves, dyspepsia, dysentery, enlarged spleen, consumption, cough or fever. Perform Ujjayi to destroy decay and death.

SITKARI

Fold the tongue so that the tip of the tongue might touch the upper palate and draw the air through the mouth with a hissing sound C C C C (or Si, Si, Si, Si,). Then retain the breath as long as you can without the feeling of suffocation and then exhale slowly through both nostrils. You can keep the two rows of teeth in contact and then inhale the air through the mouth as before.

The practice enhances the beauty of the practitioner and vigour of his body. It removes hunger, thirst, indolence and sleep. His strength will be just like that of Indra. He becomes the Lord of Yogins. He is able to do and undo things. He becomes an independent monarch. He becomes invincible. No injury will affect him. When you are thirsty, practise this. You will be relieved of thirst immediately.

SITALI

Protrude the tongue a little away from the lips. Fold the tongue like a tube. Draw in the air through the mouth with the hissing sound Si. Retain the breath as long as you can hold on with comfort. Then exhale slowly through both nostrils. Practise this daily again and again in the morning from 15 to 30 times. You can do this either on Padmasana, Siddhasana, Vajrasana or even when you stand or walk.

This Pranayama purifies the blood. It quenches thirst and appeases hunger. It cools the system. It destroys Gulma (chronic dyspepsia), Pleeha, inflammation of various chronic diseases, fever, consumption, indigestion, bilious disorders, phlegm, the bad effects of poison, snake-bite, etc. When you are caught up

in a jungle or any place where you cannot get water, if you feel thirsty, practise this Pranayama. You will be at once relieved of thirst. He who practises this Pranayama regularly, will not be affected by the bite of serpents and scorpions. Sitali Kumbhaka is an imitation of the respiration of a serpent. The practitioner gets the power of casting his skin and enduring the privation of air, water and food. He becomes a proof against all sorts of inflammations and fever.

BHASTRIKA

In Sanskrit Bhastrika means 'bellows'. Rapid succession of forcible expulsion is a characteristic feature of Bhastrika. Just as a blacksmith blows his bellows rapidly, so also you should move your breath rapidly.

Sit on Padmasana. Keep the body, neck and head erect. Close the mouth. Next, inhale and exhale quickly ten times like the bellows of the blacksmith. Constantly dilate and contract.

When you practise this Pranayama a hissing sound is produced. The practitioner should start with rapid expulsions of breath following one another in rapid succession. When the required number of expulsions, say ten for a round, is finished, the final expulsion is followed by a deepest possible inhalation. The breath is suspended as long as it could be done with comfort. Then deepest possible exhalation completes one round of Bhastrika. Rest a while after one round is over by taking a few normal breaths. This will give you relief and make you fit for starting the second round. Do three rounds daily in the morning. You can do another three rounds in the evening also. Busy people who find it difficult to do three rounds of Bhastrika can do one round at least. This also will keep them quite fit.

Bhastrika is a powerful exercise. A combination of Kapalabhati and Ujjayi makes up Bhastrika. Practice Kapalabhati and Ujjayi to start with. Then you will find it easy to do Bhastrika.

Some prolong the practice till they get tired. You will get perspiration profusely. If you experience any giddiness stop the practice and take a few normal breaths. Continue the practice after the giddiness has vanished. Bhastrika can be done both in the morning and evening in winter. In summer do it in the morning only during cool hours.

Bhastrika relieves inflammation of the throat, increases gastric fire, destroys phlegm, removes diseases of the nose and chest and eradicates asthma, consumption, etc. It gives good appetite. It breaks the three Granthis or knots viz., Brahma Granthi, Vishnu Granthi and Rudra Granthi. It destroys phlegm which is the bolt or obstacle to the door at the mouth of Brahma Nadi (Sushumna). It enables one to know the Kundalini. It removes all diseases which arise from excess of wind, bile and phlegm. It gives warmth to the body. When you have no sufficient warm clothing in a cool region to protect yourself from cold, practise this Pranayama and you will get sufficient warmth in the body quickly. It purifies the Nadis considerably. It is the most beneficial of all Kumbhakas. Bhastrika Kumbhaka should be specially practised as it enables the Prana to break through the three Granthis or knots that are firmly located in the Sushumna. It awakens the Kundalini quickly. The practitioner will never suffer from any disease. He will always be healthy.

The number of exhalations or rounds is determined by the strength and capacity of the practitioner. You must not go to extremes. Some students do six rounds. Some do twelve also.

You can practise Bhastrika in the following manner. There is some slight change in the end. Having inhaled and exhaled quickly twenty times, inhale through the right nostril, retain the breath as long as you can do it comfortably and then exhale through the left nostril. Then inhale through the left nostril, retain the breath as before and then exhale through the right nostril.

Repeat OM mentally with Bhava and meaning throughout the practice.

There are some varieties of Bhastrika wherein one nostril only is used for breathing purposes and in another variety the alternate nostrils are used for inhalation and exhalation.

Those who wish to do Bhastrika for a long time in an intense manner should live on Kichadi, and take an enema or do Basti in the morning before starting the practice.

BHRAMARI

Sit on Padmasana or Siddhasana. Inhale rapidly through both nostrils making sound of *Bhramara*, the bee, and exhale rapidly through both nostrils, making the humming sound.

You can carry the process till the body is bathed in perspiration. In the end inhale through both nostrils, retain the breath as long as you can do it comfortably and then exhale slowly through both nostrils. The joy which the practitioner gets in making the Kumbhaka is unlimited and indescribable. In the beginning, heat of the body is increased as the circulation of blood is quickened. In the end the body-heat is decreased by perspiration. By success in this Bhramari Kumbhaka the Yogic student gets success in Samadhi.

MURCHHA

Sit in your Asana and inhale. Retain the breath. Do Jalandhara Bandha by pressing the chin against the chest. Retain the breath till you expect fainting and then exhale slowly. This is Murchha Kumbhaka as it makes the mind senseless and gives happiness. But this is not suitable for many.

PLAVINI

Practice of this Pranayama demands skill on the part of the student. He who practises this Plavini can do Jalastambha and float on water for any length of time. Mr. 'S' a Yogic student

can float on water for twelve hours at a stretch. He who practises this Plavini Kumbhaka can live on air and dispense with food for some days. The student actually drinks air like water slowly and sends it to the stomach. The stomach gets bloated a bit. If you tap the stomach when it is filled with air, you will get a peculiar tympanic (air) sound. Gradual practice is necessary. The help of one who is well-versed in this Pranayama is also necessary. The student can expel all the air from the stomach by gradual belching.

KEVALA KUMBHAKA

Kumbhaka is of two kinds, viz., Sahita and Kevala. That which is coupled with inhalation and exhalation is termed Sahita. That which is devoid of these is called Kevala (alone). When you get mastery in Sahita, then you can attempt for this Kevala. When in due course of practice, the Kumbhaka subsists in many places without exhalation and inhalation, unconditioned by place, time and number—then that Kumbhaka is called absolute and pure (Kevala Kumbhaka), the fourth form of 'Regulation of breath'. Such powers as that of roaming about in space unseen, follow this last form of Pranayama. In Vasishtha Samhita it is said: "When after giving up inhalation and exhalation, one holds his breath with ease, it is absolute Kumbhaka (Kevala)." In this Pranayama the breath is suddenly stopped without Puraka and Rechaka. The student can retain his breath as long as he likes through this Kumbhaka. He attains the state of Raja Yoga. Through Kevala Kumbhaka, the knowledge of Kundalini arises. Kundalini is aroused and the Sushumna is free from all sorts of obstacles. He attains perfection in Hatha Yoga. You can practise this Kumbhaka three times a day. He who knows Pranayama and Kevala is the real Yogi. What can he not accomplish in the three worlds, who has acquired success in this Kevala Kumbhaka? Glory, glory to such exalted souls. This Kumbhaka cures all diseases and promotes longevity.

PRANIC HEALING

Those who practise Pranayama, can impart their Prana in healing morbid diseases. They can also recharge themselves with Prana in no time by practising Kumbhaka. Never think that you will be depleted of your Prana by distributing it to others. The more you give, the more it will flow to you from the cosmic source (*Hiranyagarbha*). That is the law of nature. Do not become a niggard. If there is a rheumatic patient, gently shampoo his legs with your hands. When you do shampooing (massage), do Kumbhaka and imagine that the Prana is flowing from your hands towards the leg of your patient. Connect yourself with Hiranyagarbha or the Cosmic Prana and imagine that the cosmic energy is flowing through your hands towards the legs of the patient. The patient will at once feel warmth, relief and strength. You can cure headache, intestinal colic or any other disease by massage and by your magnetic touch. When you massage the liver, spleen, stomach or any other portion or organ of the body, you can speak to the cells and give them orders: "O cells! discharge your functions properly. I command you to do so." They will obey your orders. They too have got subconscious intelligence. Repeat Om when you pass your Prana to others. Try a few cases. You will gain competence. You can cure scorpion-sting also. Gently shampoo the leg and bring the poison down.

You can have extraordinary power of concentration, strong will and a perfectly healthy and strong body by practising Pranayama regularly. You will have to direct the power of Prana consciously to unhealthy parts of the body. Suppose you have a sluggish liver. Sit on Padmasana. Close your eyes. Inhale gently till you count Om 3 times. Then retain breath till you count Om 6 times. Direct the Prana to the region of the liver. Concentrate your mind there. Fix your attention to that area. Imagine that Prana is interpenetrating all the tissues and the cells of the lobes of the liver and doing its curative, regenerating and constructive

work there. Faith, imagination, attention and interest play a very important part in curing disease by taking Prana to the diseased areas. Then slowly exhale. During exhalation imagine that the morbid impurities of the liver are thrown out. Repeat this process 12 times in the morning and 12 times in the evening. Sluggishness of the liver will vanish in a few days. This is a drugless treatment. This is nature-cure. You can take the Prana to any part of the body during Pranayama and cure any kind of disease, be it acute or chronic. Try once or twice in healing yourself. Your convictions will grow stronger. Why do you cry like the lady who is crying for ghee when she has butter in her hand, when you have a cheap, potent, easily available remedy or agent Prana at your command at all times! Use it judiciously. When you advance in your concentration and practice, you can cure many diseases by mere touch. In the advanced stages, many diseases are cured by mere will.

DISTANT HEALING

This is known as 'absent treatment' also. You can transit your Prana through space, to your friend, who is living at a distance. He should have a receptive mental attitude. You must feel yourself en rapport (in direct relation and in sympathy) with the man, whom you heal with this Distant Healing method.

You can fix hours of appointment with them through correspondence. You can write to them: "Get ready at 4 a.m. Have a receptive mental attitude. Lie down in an easy chair. Close your eyes. I shall transmit my Prana." Say mentally to the patient: "I am transmitting a supply of Prana (vital force)." Do Kumbhaka when you send the Prana. Practise rhythmical breathing also. Have a mental image that the Prana is leaving your mind when you exhale; it is passing through space and is entering the system of the patient. The Prana travels unseen like the wireless (radio) waves and flashes like lightning across space. The Prana that is coloured by the thoughts of the healer is

projected outside. You can recharge yourself with Prana by practising Kumbhaka. This requires long, steady and regular practice.

RELAXATION

The practice of relaxing the muscles of the body will bring rest to the body and to the mind also. The tension of the muscles will be relieved. People who know the science of relaxation do not waste any energy. They can meditate well. Take a few deep breaths and then lie down flat on your back as in Savasana. Roll on to one side and then relax as thoroughly as you can do. Do not strain the muscles. Roll on the other side and relax. This is naturally done by all during sleep. There are various exercises in relaxation, for the particular muscles of a particular part of the body. You can relax the head, the shoulders, the arms, forearms, wrist, etc. Yogins know the science of relaxation thoroughly. When you practise these various relaxation exercises, you must have the mental picture of calmness and strength.

RELAXATION OF MIND

Mental poise and calmness may be brought about by the eradication of worry and anger. Fear really underlies both worry and anger. Nothing is gained by worry and anger, but on the contrary much energy is wasted by these two kinds of lower emotions. If a man worries much and if he is irritable, he is indeed a very weak man. Be careful and thoughtful. All unnecessary worries can be avoided. Relaxation of the muscles reacts on the mind and brings repose to the mind. Relaxation of the mind brings rest to the body also. Body and mind are intimately connected. Body is a mould prepared by the mind for its enjoyment.

Sit for 15 minutes in a relaxed and easy comfortable position. Close your eyes. Withdraw the mind from outside objects. Still the mind. Silence the bubbling thoughts. Think that the body is like a coconut shell and you are entirely different

from the body. Think that the body is an instrument in your hands. Identify yourself with the all-pervading Spirit or Atman. Imagine that the whole world and your body are floating like a piece of straw in this vast ocean of Spirit. Feel that you are in touch with the Supreme Being. Feel that the life of the whole world is pulsating, vibrating and throbbing through you. Feel that the ocean of life is gently rocking you on its vast bosom. Then open your eyes. You will experience immense mental peace, mental vigour and mental strength. Practise and feel this.

IMPORTANCE AND BENEFITS OF PRANAYAMA

“The illusory Samsaric Vasana, that has arisen through the practice of many lives, never perishes except through the practice of Yoga for a long time. It is not possible on the part of one to control the mind by sitting up again and again except through the approved means” (*Muktikopanishad*).

“How could Jnana, capable of giving Moksha, arise certainly without Yoga? And even Yoga becomes powerless in securing Moksha when it is devoid of Jnana. So the aspirant after emancipation should practise (firmly) both Yoga and Jnana” (*Yogatattva Upanishad*).

“Tatah kshiyate prakasavaranam—Thence the covering of the light is destroyed” (Yoga Sutras—11-52). Tamas and Rajas constitute the covering or veil. This veil is removed by the practice of Pranayama. After the veil is removed, the real nature of the soul is realised. The Chitta is by itself made up of the Sattvic particles, but it is enveloped by Rajas and Tamas, just as the fire is enveloped by smoke. There is no purificatory action greater than Pranayama. Pranayama gives purity and the light of knowledge shines. The Karma of the Yogi, which covers up the discriminative knowledge, is destroyed as he practises Pranayama. By the magic panorama of desire, the essence which is luminous by nature is covered up and the Jiva or individual soul is directed towards vice. This Karma of the Yogi which

covers up the Light and binds him to repeated births, becomes attenuated by the practice of Pranayama every moment and is destroyed eventually. The afflictions and sins constitute the cover according to Vachaspati.

Manu says: “Let the defects be burnt up by Pranayama.” Vishnu Purana speaks of Pranayama as an accessory to Yoga: “He who wants the air known as Prana by practice is said to have secured Pranayama.”

“*Dharanasu cha yogayata manasah*—The mind becomes fit for concentration” (Yoga Sutras, II-53). You will be able to concentrate the mind nicely after this veil of light has been removed. The mind will be quite steady like the flame in a windless place as the disturbing energy has been removed. The word Pranayama is sometimes used collectively for inhalation, retention and exhalation of breath and sometimes for each of these severally. When the Prana Vayu moves in the Akasa-Tattva, the breathing will be lessened. At this time it will be easy to stop the breath. The velocity of the mind will be slowly lessened by Pranayama. It will induce Vairagya.

If you can suspend one inch or one digit of breath inside, you will obtain the powers of foretelling; if you can suspend two inches within, you will get the power of thought-reading; for suspending the breath for three inches, levitation; for four inches, psychometry, clairaudience, etc.; for five inches, moving about unseen by anybody in the world; for six inches, the power of ‘Kaya Siddhi’; for seven inches, entering the body of another man (Parakaya Pravesa); for eight inches, the power to remain always young; for nine inches, the power to make Devatas work as your servants; for ten inches, Anima, Mahima and other Siddhis; for eleven inches, you will attain oneness with Paramatman. When through great practice the Yogi can perform Kumbhaka for full three hours, then he can balance himself on his thumb. He undoubtedly attains all kinds of Siddhis. Just as

fire destroys the fuel, so also Pranayama destroys the bundles of sins. Pratyahara makes the mind calm. Dharana steadies the mind. Dhyana makes one forget the body and the world. Samadhi brings infinite Bliss, Knowledge, Peace and Liberation.

During Yogic Samadhi, the flame of the Yogagni (fire of Yoga) extending from navel to the head melts the Amrita in the Brahmarandhra. The Yogi drinks this with joy and ecstasy. He can remain without food and drink for months by drinking this Yogic nectar alone.

The body becomes lean, strong and healthy. Too much fat is reduced. There is lustre in the face. Eyes sparkle like a diamond. The practitioner becomes very handsome. Voice becomes sweet and melodious. The inner Anahata sounds are distinctly heard. The student is free from all sorts of diseases. He gets established in Brahmacharya. Semen gets firm and steady. The Jatharagni (gastric fire) is augmented. The student becomes so perfect in Brahmacharya that his mind will not be shaken even if a fairy tries to embrace him. Appetite becomes keen. Nadis are purified. The Vikshepa is removed and the mind becomes one-pointed. Rajas and Tamas are destroyed. The mind is prepared for Dharana and Dhyana. The excretions become scanty. Steady practice arouses inner spiritual light, happiness and peace of mind. It makes him an Urdhvareto-Yogi. Advanced students only will get all the other Siddhis mentioned above.

The mind of a man can be made to transcend ordinary experience and exist on plane higher than that of reason known as superconscious state of concentration and get beyond the limit of concentration. He comes face to face with facts which ordinary consciousness cannot comprehend. This ought to be achieved by proper training and manipulation of the subtle forces of the body so as to cause them to give, as it were, an upward push to the mind into the higher regions. When the mind is so raised into the superconscious state of perception, it begins to

act from there and experiences higher facts and higher knowledge. Such is the ultimate object of Yoga, which can be achieved by the practice of Pranayama. The control of the vibratory Prana means to a Yogi, the kindling of the fire of supreme knowledge, the realisation of the Self.

SPECIAL INSTRUCTIONS

1. In the early morning, answer the calls of nature and sit for the practice. Practise Pranayama in a dry well-ventilated room. Pranayama requires deep concentration and attention. It is always better to have the practice in a steady posture. Do not keep anyone by your side to avoid distraction of your mind.

2. Before you sit for Pranayama practice, thoroughly clean the nostrils well. You can take a small quantity of fruit-juice or a small cup of milk or coffee even before the practice. When you finish the practice take a cup of milk or light tiffin after 10 minutes.

3. Have one sitting only in the morning during summer. If there is heat in the brain or head, apply Amla oil or butter on the head before you take your bath. Take Misri Sherbat by dissolving sugar candy in water. This will cool your whole system. Do Sitali Pranayama also. You will not be affected by the heat.

4. Strictly avoid too much talking, eating, sleeping, mixing with friends and exertion. "Verily Yoga is not for him who eateth too much, nor who abstaineth to excess, is addicted to too much sleep nor even to wakefulness" (Gita VI-16). Take a little ghee with rice when you take your meals. This will lubricate the bowels and allow Vayu to move downwards freely.

5. "*Mitaharam vina yastu yogarambham tu karayet, Nanaroga bhavettasya kinchid yogo na sidhyati*— Without observing moderation of diet, if one takes to the Yoga practices, he cannot obtain any benefit but gets various diseases" (Gheranda Samhita, Ch. V-16).

6. Perfect celibacy for six months or one year will doubtless enable you to acquire rapid progress in the practice and in spiritual advancement. x x x x x x Without Brahmacharya and dietetic regulations if you practise Yogic exercises, you will not get maximum benefit in the spiritual practices. But, for ordinary health you can practise mild exercises.

7. Be regular and systematic in your practice. Never miss a day. Stop the practice when you are ailing seriously. Some people twist the muscles of the face when they do Kumbhaka. It should be avoided. It is a symptom to indicate that they are going beyond their capacity. This must be strictly avoided. Such people cannot have a regulated Rechaka and Puraka.

8. Obstacles in Yoga: "Sleeping in day time, late vigil, excess of urine and faeces, evil of unwholesome food and laborious mental operation with Prana." When one is attacked by any disease, he says that the disease is due to the practice of Yoga. This is a serious mistake.

9. Get up at 4 a.m. Meditate or do Japa for half an hour. Then do Asanas and Mudras. Take rest for 15 minutes. Then do Pranayama. Physical exercises can be conveniently combined with Asanas. If you have sufficient time at your disposal, you can have it after finishing all the Yogic exercises and meditation. Pranayama can also be performed as soon as you get up from bed just before Japa and meditation. It will make your body light and you will enjoy the meditation. You must have a routine according to your convenience and time.

10. Maximum benefit can be derived if Japa also is done during the practice of Asanas and Pranayama.

11. It is always better to start Japa and meditation in the early morning at 4 a.m., as soon as you get up from bed. At this time the mind is quite calm and refreshed. You can have good concentration.

12. Vast majority of persons waste their precious time in the early morning in answering the calls of nature for half an hour and washing their teeth for another half an hour. This is bad. Aspirants should try to defecate within 5 minutes and cleanse their teeth within 5 minutes. If the bowels are constipated, have vigorous practice of Salabha, Bhujanga and Dhanur Asanas for 5 minutes as soon as you get up from bed. If you are habituated to answer the call of nature late, you can do so after finishing the Yogic exercises.

13. First do Japa and meditation. Then you can take to Asanas and Pranayama exercises. Then finish the course of practice by another short sitting in meditation.

14. As there is always some drowsiness when you get up from bed, it is desirable to do some Asanas and a little Pranayama for five minutes just to drive off this drowsiness and to make you fit for meditation. The mind gets one-pointed after the practice of Pranayama. Pranayama, though it concerns with the breath, gives good exercise for various internal organs and the whole body.

15. The general order of doing Kriyas is: First do all Asanas, then Mudras, then Pranayama and then Dhyana. Since the early morning time is suitable for meditation, you can follow this order: Japa, Meditation, Asanas, Mudras and Pranayama. This is a better way. You can follow the order which is suitable to you. After doing Asanas, take rest for five minutes and then begin Pranayama.

16. Some Hatha Yogic books interdict cold bath in the early morning. Probably the reason may be that one may catch cold or develop any complaint of the lungs, if he takes cold bath at 4 a.m. particularly in cold places like Kashmir, Mussoorie, Darjeeling, etc. There is no restriction in hot places. I am always in favour of cold baths before one starts the Yogic practices as it is refreshing and stimulating. It drives off drowsiness. It brings in

equilibrium of circulation of blood. There is a healthy flow of blood towards the brain.

17. Asanas and Pranayama remove all sorts of diseases, improve health, energise digestion, invigorate the nerves, straighten the Sushumna Nadi, remove Rajas and awaken Kundalini. Practice of Asanas and Pranayama bestows good health and steady mind. As no Sadhana is possible without good health and as no meditation is possible without a steady mind, Hatha Yoga is of immense use for Dhyana Yogins, Karma Yogins, Bhaktas and Vendantins as well.

18. The maintenance of the body is impossible without Asanas or any kind of physical exercises or activities. Even an orthodox Vedantin is an unconscious Hatha Yogi. He practises some kind of Asana daily. He practises Pranayama also unconsciously because during meditation, Pranayama comes by itself.

19. Whenever you feel uneasy, depressed or dejected, practise Pranayama. You will be at once filled with new vigour, energy and strength. You will be elevated, renovated and filled with joy. Do this and try. Before you begin to write something, an essay, an article or a thesis, do Pranayama first. You will bring out beautiful ideas and it will be an inspiring, powerful and original production.

20. Be regular in the practice. Regularity in the practice is very necessary if one wants to realise the maximum benefits of Asanas and Pranayama. Those who practise by fits and starts will not derive much benefit. Generally people practise for two months in the beginning with great enthusiasm and leave off the practice. This is a sad mistake. They always want a Yogic teacher by their side. They have got the effeminate leaning mentality. They are lazy, torpid and slothful.

21. People do not want to remove Mala (impurity) by

selfless service and Vikshepa by Yogic practices. They at once jump to awaken the Kundalini and raise Brahmakara Vritti. They will only break their legs. Those who attempt to awaken the Kundalini by Asanas and Pranayama, should have purity in thought, word and deed. They should have mental and physical Brahmacharya. Then only they can enjoy the benefits of awakening the Kundalini.

22. Sow the seed of spirituality in your young age. Do not waste Virya. Discipline the Indriyas and mind. Do Sadhana. When you become old, it will be difficult for you to do any rigid Sadhana. Therefore be on the alert during your teens; you will see for yourself in a short time the particular benefits you derive from particular kinds of Sadhana.

23. When you advance in spiritual practices, you must observe strict Mauna (vow of silence) for 24 hours continuously. This must be continued for some months also. Everyone should select a course of few exercises in Asana, Pranayama and meditation according to one's temperament, capacity, convenience and requirement.

24. It is quite possible for a man to practice celibacy, albeit there are various sorts of temptations and distractions. A well-disciplined life, study of scriptures, Satsanga, Japa, Dhyana, Pranayama, Sattvic and moderate diet, daily introspection, and enquiry, self-analysis and self-correction, Sadachara, practice of Yama, Niyama, physical and verbal Tapas,—all will pave a long way in the attainment of this end. People have irregular, unrighteous, immoderate, irreligious, undisciplined life. Hence they suffer and fail in the attainment of the goal of life. Just as the elephant throws sand on its own head, so also they themselves bring difficulties and troubles on their own heads on account of their foolishness.

25. Do not shake the body unnecessarily. By shaking

the body often the mind also is disturbed. Do not stretch the body every now and then. The Asana should be steady and firm as a rock when you do Pranayama, Japa and meditation.

26. You must find out for yourself according to your health and constitution what sort of dietetic regulation will suit and what particular Pranayama will exactly help you. Then only you can safely proceed with your Sadhana. First read all the instructions of the various exercises given in this book from the beginning to the end. Clearly understand the technique. If you have any doubts, just ask any Yogic student to demonstrate and then practise it. This is the safest method. You should not select any one of the exercises at random and begin to practise it in a wrong way.

27. In all the exercises I have suggested Mantra 'OM' as the time-unit. You can have your Guru Mantra, Rama, Siva, Gayatri or mere number as the time-unit according to your inclination. Gayatri or OM is the best for Pranayama. In the beginning you must observe some time-unit for Puraka, Kumbhaka and Rechaka. The time-unit and the proper ratio comes by itself when you do the Puraka, Kumbhaka and Rechaka as long as you can do it comfortably. When you have advanced in the practice, you need not count or keep any unit. You will be naturally established in the normal ratio through force of habit.

28. For some days in the beginning you must count the number and see how you progress. In the advanced stages, you need not distract the mind in counting. The lungs will tell you when the required number is finished.

29. Do not continue the Pranayama when you are fatigued. There must be always joy and exhilaration of spirit during and after the practice. You should come out of the practice fully invigorated and refreshed. Do not bind yourself by too many rules (Niyamas).

30. Do not take bath immediately after Pranayama is over. Take rest for half an hour. If you get perspiration during the practice, do not wipe it with a towel. Rub it with your hands. Do not expose the body to the chill draughts of air when you perspire.

31. Always inhale and exhale very slowly. Do not make any sound. In Pranayamas like Bhastrika, Kapalabhati, Sitali and Sitkari, you can produce a little mild or the lowest possible sound.

32. You should not expect the benefits after doing it for 2 or 3 minutes only for a day or two. At least you must have 15 minutes daily practice in the beginning regularly for days together. There will be no use if you jump from one exercise to another everyday. You must have a particular exercise for your daily Abhyasa, which you should improve to a high degree. Other exercises of course, you can have for occasional practice along with the daily exercise. You must have Bhastrika, Kapalabhati and 'Easy Comfortable Pranayama' for your daily practice; and Sitali, Sitkari, etc., can be practised occasionally.

33. The Puraka is otherwise known as 'Nissvasa' and Rechaka is known as 'Uchhvasa'. The mental process in Kevala Kumbhaka is called 'Sunyaka' form of breath regulation. Steady, systematic practice and gradual increase of Kumbhaka is known as 'Abhyasa Yoga'; swallowing of air and living on this air alone is known as 'Vayubhakshana'.

34. The author of Sivayoga Deepika describes three kinds of Pranayama: Prakrita, Vaikrita and Kevala Kumbhaka. "If the Prana is in the form of breath inhaled and exhaled, on account of its natural quality of going out and coming in, the Pranayama is known as Prakrita. If the Prana is restrained by the threefold means of throwing out, taking in and stopping the breath in accordance with the rules prescribed in the Sastras, it is called Vaikrita or artificial. But with great men who have risen above these two kinds of restraining breath, the sudden restraining of the vital currents directly (without inspiration and expiration),

is Kevala Kumbhaka. Prakrita Pranayama belongs to Mantra Yoga. Vaikrita belongs to Laya Yoga."

35. "That is called Kumbhaka (cessation of breath) when there is neither expiration nor inspiration and the body is motionless, remaining still in one state. Then he sees forms like the blind, hears sounds like the deaf and sees the body like wood. This is the characteristic of one who has attained quiescence."

36. Patanjali does not lay much stress on practice of different kinds of Pranayama. He mentions: "Exhale slowly, then inhale and retain the breath. You will get a steady and calm mind." It is only the Hatha Yogins who developed Pranayama as a science and have mentioned various exercises to suit different persons.

37. "Spread a tiger-skin or a deer-skin or a four-fold blanket. Over this spread a piece of white cloth. Then sit for the Pranayama practice facing the North."

38. Some would take the order as exhaling, inhaling and retaining; others as inhaling, retaining and exhaling. The latter is more common. In Yajnavalkya, we find the different kinds of breath regulation mentioned in the order of Puraka, Kumbhaka and Rechaka; whereas, In Naradiya text we have them in the order of Rechaka, Puraka and in Kumbhaka. The two are to be regulated as optional alternatives.

39. A Yogi should always avoid fear, anger, laziness, too much sleep or waking and too much food or fasting. If the above rule be practised strictly well, each day, spiritual wisdom will arise of itself in three months without doubt; in four months, he sees the Devas; in five months he knows or becomes a Brahmanishtha; and truly in six months he attains Kaivalya at will. There is no doubt.

40. A neophyte should do Puraka and Rechaka only without any Kumbhaka for some days. Take a long time to do Rechaka. The proportion for Puraka and Rechaka is 1:2.

41. Pranayama in its popular and preparatory form may be practised by every one in any posture whatsoever, sitting or walking; and yet is sure to show its benefits. But to those who practise it in accordance with the specific methods prescribed, fructification will be rapid.

42. Gradually increase the period of Kumbhaka. Retain for 4 seconds in the first week, for 8 seconds in the second week, for 12 seconds in the third week and so on, till you are able to retain the breath to your full capacity.

43. Common-sense or Yukti should be used throughout your practice. If one kind of exercise is not agreeable to your system, change it after due consideration or consultation with your Guru. This is Yukti. Where there is Yukti, there is Siddhi, Bhukti and Mukti (perfection, enjoyment and salvation).

44. You must so nicely adjust the Puraka, Kumbhaka and Rechaka that you should not experience the feeling of suffocation or discomfort at any stage of Pranayama. You should never feel the necessity of catching hold of a few normal breaths between any two successive rounds. The duration of Puraka, Kumbhaka and Rechaka must be properly adjusted. Exercise due care and attention. Matters will turn to be successful and easy.

45. You must not unnecessarily prolong the period of exhalation. If you prolong the time of Rechaka, the following inhalation will be done in hurried manner and the rhythm will be disturbed. You must so carefully regulate the Puraka, Kumbhaka and Rechaka that you must be absolutely comfortable and perform not only one Pranayama but also the full course or required rounds of Pranayama. Experience and practice will make you all right. Practice makes one perfect. Be steady. Another important factor is that you must have efficient control over the lungs at the end of Kumbhaka to enable you to do the Rechaka smoothly and in proportion with the Puraka.

46. Suryabhedha and Ujjayi produce heat. Sitkari and Sitali are cooling. Bhastrika preserves normal temperature. Suryabhedha destroys excess of wind; Ujjayi phlegm; Sitkari and Sitali bile; and Bhastrika all the three.

47. Suryabhedha and Ujjayi must be practised during winter. Sitkari and Sitali must be practised in summer. Bhastrika can be practised in all seasons. Those persons whose bodies are hot even in winter can practise Sitali and Sitkari during winter season.

48. Goal of life is self-realisation. "This is brought about by means of the subjugation of the body and the senses, the service to a good Guru, the hearing of Vedantic doctrine and constant meditation thereon" (Niralamba Upanishad). "If you are really sincere and if you wish to have a quick, sure success, you must have a systematic routine for Asanas, Pranayama, Japa, Meditation, Svadhyaya, etc. You must be very careful in keeping up Brahmacharya. Effective means to control the mind are the attainment of spiritual knowledge, association with the wise, the entire abdication of all Vasanas and control of Prana" (Muktikopanishad).

49. Once again I will tell you that Asana, Pranayama, Japa, Dhyana, Brahmacharya, Satsanga, solitude, Mauna, Nishkama Karma are all absolutely necessary for spiritual attainments. One can hardly obtain perfection in Raja Yoga without Hatha Yoga. At the end of Kumbhaka you should withdraw the mind from all the objects. By gradual practice you will be established in Raja Yoga.

50. Some students who are studying Vedantic books think that they are Jnanis and they ignore Asanas, Pranayama, etc. They also should practise these, till they are perfect in Shat-Sampat of the Sadhana-Chatushtaya—Sama, Dama, etc.,—the preliminary qualifications of Jnana Yoga.

51. Do not hesitate. Do not be waiting to get a Guru who will sit by your side and watch you daily for a long time. If you are sincere, regular and systematic and if you follow the rules and instructions of this book very carefully, there will be no trouble at all. You will undoubtedly get success. Slight errors may crop up in the beginning; it does not matter. Do not unnecessarily be alarmed. Do not give up the practice. You will yourself learn how to adjust. Common-sense, instinct and the shrill inner voice of the soul will help you in the path. Everything will come out smoothly in the end. Start the practice this very second in right earnest and become a real Yogi.

OM Santih, Santih, Santih!

APPENDIX

1. CONCENTRATION ON SOLAR PLEXUS

Solar plexus is often called the abdominal brain. It is an important centre of the nerves, connected with the sympathetic nervous system. It is located in the Epigastric region, behind the pit of the stomach on either side of the spinal column. It has control on the main internal organs of man. It plays a much more important part than is generally recognised. It takes an important part in the control of emotions and of various bodily functions. It is composed of white and grey brain matter. It is one of the most vital parts of the body. A blow over the solar plexus is well-known to boxing men as a ready means of rendering an opponent unconscious or at any rate helpless. It is the store-house of Prana. It is the power-house. It is the most important of all the Adharas (supports) of the body that are sixteen in number. It is a known fact that men have been instantly killed by a severe blow over the solar plexus. The solar plexus is literally the sun of the nervous system. When the sun is shining harmoniously, the whole of the physical system is harmonious. It radiates strength and energy to all parts of the body. Thoughts and Prana, when directed towards this centre through Pranayama, will stimulate and awaken the sunshine latent therein.

Sit erect in Padmasana or Siddhasana. Close your eyes. Draw the air slowly through the left nostril as long as you can do with comfort. Keep the right one closed with your right thumb. Repeat Om mentally. Then retain the breath. Have the attention well-directed towards the solar plexus. Concentrate your mind there. Have the thought centred upon it. Do not make any undue strain of the mind or undue effort of any kind. Direct consciously the Prana to the region of solar plexus through the retained breath. Imagine : "I am breathing in Prana, happiness, joy, strength, vigour, love." Then slowly exhale through the right nostril. Then inhale through the right nostril, retain it as before and exhale through

the left. Repeat the process 12 times in the morning. Fear, depression, weakness and other undesirable emotions, which stand in the way of spiritual advancement, will vanish. You will become more and more confident of success in Self-realisation.

2. YOGIC DIET

A diet that is conducive to the practice of Yoga and spiritual progress can be rightly termed 'Yogic Diet'. Diet has intimate connection with the mind. The mind is formed out of the subtlest portion of food. Sage Uddalaka instructs his son Svetaketu as follows: "Food when consumed becomes threefold, the gross particles become excreta, the middling ones flesh and the fine ones the mind." Again you will find in the Chhandogya Upanishad: "By the purity of food one becomes purified in his nature; by the purification of his nature he verily gets memory of the Self, and by the attainment of the memory of the Self, all ties and attachments are severed.

"Diet is of three kinds, viz., Sattvic diet, Rajasic diet and Tamasic diet. Milk, fruits, cereals, butter, tomatoes, cheese, spinach are Sattvic food-stuffs. They render the mind pure. Fish, eggs, meat, etc., are Rajasic food-stuffs. They excite the passionate nature of man. Beef, onions, garlic, etc., are Tamasic food-stuffs. They fill the mind with inertia and anger. Lord Krishna says to Arjuna in the Gita (XVII: 8-10): "The food which is dear to each is threefold. Hear thou the distinction of these. The foods which increase vitality, energy, vigour, health and joy and which are delicious, bland, substantial and agreeable are dear to the pure. The passionate man desires foods that are bitter, sour, saline, excessively hot, pungent, dry and burning and which produce pain, grief and disease. The food which is stale, tasteless, putrid, rotten and impure is dear to the Tamasic."

Food is of four kinds. There are liquids which are drunk; solids which are pulverised by the teeth and eaten; semi-solids which are taken in by licking; and soft articles that are swallowed

without mastication. All articles of food should be thoroughly masticated in the mouth. Then only they can be readily digested, easily absorbed and assimilated in the system.

The diet should be such as can maintain physical efficiency and good health. The well-being of man depends rather on perfect nutrition than on anything else. Various sorts of intestinal diseases, increased susceptibility to infectious diseases, lack of high vitality and power of resistance, rickets, scurvy, anaemia or poverty of blood, beriberi, etc., are all due to faulty nutrition. It should be remembered that it is not so much the climate, as food which plays a vital part in producing a healthy strong man or a weakling suffering from a host of diseases. A knowledge of the science of dietetics is essential for every man if he wants to keep up physical efficiency and good health. He should be able to make out a cheap, well-balanced diet from certain articles of food. Then only all the members of his family will be hale and hearty. What is wanted is a well-balanced diet but not a rich one. A rich diet produces diseases of the liver, kidney and pancreas. A well-balanced diet helps a man to grow, and turn out much work, stabilises his body weight and keeps up the efficiency and a high standard of vigour and vitality. A man is what he eats. This is a truism indeed.

Food is required for two purposes: (1) to maintain our body-heat and (2) to produce new cells and to make up for the wear and tear of our bodies. Food-stuffs contain proteins, carbohydrates, hydrocarbons, phosphates, salt, various kinds of ashes, water, vitamins, etc. Protein substances are nitrogenous. They build the tissues of the body. They are present in abundance in dal, milk, etc. They are called 'tissue-builders.' Proteins are complex organic compounds which contain carbon, hydrogen, oxygen and nitrogen and sometimes sulphur, phosphorous and iron. Starches are carbohydrates. They are present in abundance in rice. Carbohydrates are 'energy-producers' or heat-givers.

Carbohydrates are substances, like starch, sugar, or gum and contain carbon, hydrogen and oxygen. Hydrocarbons or fats are present in ghee and vegetable oils. Fats are compounds of glycerine with fatty acids. The human machine of the body necessarily needs lubrication. Butter, cream, cheese, olive-oil, ground-oil and mustard-oil are good for lubrication.

A well-balanced diet is one in which the different principles of diet that go to keep the body and mind in perfect health and harmony exist in proper proportions. Milk is perfect food because it contains all nutritive principles in proper well-balanced proportions. The protein, fat and carbohydrate should be in right proportion. They should be of the right kind also. If a diet contains too much of one thing or too little of another, if it is faulty in one way or the other by being deficient or preponderating in one or more important constituents of food, then it is called an ill-balanced or faulty diet. This will lead to malnutrition, stunted growth, physical deficiency, etc. Many diseases take their origin from malnutrition. If the food is nutritious, wholesome and well-balanced, one has good power of endurance and physical efficiency. If he has physical efficiency he can turn out more work. Some take milk as an animal diet, while some others regard egg as vegetable diet. All these people are under a delusion. Milk is a vegetable diet, while egg is an animal diet. This is the emphatic declaration of learned sages. Yogic students should give up eggs. All the nutritive principles are found in milk, butter, cheese, fruits, almonds, tomatoes, carrots and turnips.

The important digestive juices are saliva in the mouth, gastric juice in the stomach, and pancreatic juice, bile and intestinal juice (*succus entericus*) in the small intestines. Saliva is alkaline. It is secreted by the salivary glands. It digests starches. Gastric juice is acidic in reaction. It contains hydrochloric acid. It is secreted by the gastric glands. It digests proteins. Pancreatic juice digests starches, proteins and fats. It contains three kinds

of digestive ferments. It is manufactured by the pancreas. Bile is secreted by the liver. It digests fats. The food-stuffs are rendered into chyle by the action of these digestive juices, which is absorbed by the lacteals of the small intestines.

Gluttons and epicureans cannot dream to get success in Yoga. He who takes moderate diet, he who has regulated his diet can become a Yogi. That is the reason why Lord Krishna says to Arjuna: "Verily Yoga is not for him who eateth too much, nor who abstaineth to excess, nor who is too much addicted to sleep, nor even to wakefulness, Arjuna. Yoga killeth out all pain for him who is regulated in eating and amusement, regulated in performing actions, regulated in sleeping and waking" (Gita, VI: 16, 17). Take pleasant, wholesome and sweet food half-stomachful, fill quarter-stomach with pure water and allow the remaining quarter free for expansion of gas. This is moderate diet.

All articles that are putrid, stale, decomposed, fermented, unclean, twice-cooked, or kept overnight should be abandoned. The diet should be simple, light, bland, wholesome, easily digestible and nutritious. He who lives to eat is a sinner but he who eats to live is a saint. The latter should be adored. If there is hunger, food can be digested well. If you have no appetite do not take anything; give rest to the stomach.

A good quantity of food overworks the stomach, induces capricious appetite and renders the tongue fastidious. Then it becomes very difficult to please the tongue. Man has invented many kinds of dishes just to satisfy his palate and has made his life very complex and miserable. He calls himself a civilised and cultured man when he is really ignorant and deluded by the senses. His mind gets upset when he cannot get his usual dishes in a new place. Is this real strength? He has become an absolute slave of his tongue. This is bad. Be natural and simple in eating. Eat to live and do not live to eat. You can be really happy and can

devote much time to Yogic practices.

A Yogic student, who spends his time in pure meditation only, wants very little food. One or one and a half seer of milk and some fruits will suffice. But when he comes on the platform for work he wants abundant nutritious food. A man who does immense labour (physical work) wants more food.

Meat is not at all necessary for the keeping up of health. Meat-eating is highly deleterious to health. It brings a host of ailments such as tape-worm, albuminuria and other diseases of the kidneys. After all, man wants very little on this earth. Killing of animals for food is a great sin. Instead of killing egoism and the idea of 'mine-ness' ignorant people kill innocent animals under the pretext of sacrifice to Goddess but it is really to satisfy their tongue and palates. Horrible! Most inhuman! *Ahimsa Paramo Dharmah*. Ahimsa is the first virtue that a spiritual aspirant should possess. We should have reverence for life. Lord Jesus says; "Blessed are the merciful, for they shall obtain mercy." Lord Jesus and Mahavir shouted at the top of their voice: "Regard every living being as thyself and harm no one." The law of Karma is inexorable, unrelenting and immutable. The pain you inflict upon another will rebound upon you and the happiness you radiate to another will come back to you, adding to your happiness.

Dr. J. Oldfield, Senior Physician, Lady Margaret Hospital, writes: "Today there is the chemical fact in the hands of all, which none can gainsay, that the products of the vegetable kingdom contain all that is necessary for the fullest sustenance of human life. Flesh is an unnatural food, and therefore, tends to create functional disturbances. As it is taken in modern civilisation, it is infected with such terrible diseases (readily transferable to man), as cancer, consumption, fever, intestinal worms, etc., to an enormous extent. There is little need for wonder that flesh-eating is one of the most serious causes of the diseases that carry off ninety-nine out of every hundred people that are born."

Meat eating and alcoholism are closely allied. The craving for liquor dies a natural death when the meat diet is withdrawn. The question of birth-control becomes very difficult in the case of those who take meat-diet. To them mind-control is absolutely impossible. Mark how the meat-eating tiger is ferocious, and the cow and elephant, which live on vegetable matter are mild and peaceful! Meat has a direct evil influence on the compartments of the brain. The first step in the spiritual advancement is the giving up of meat-diet. The divine light will not descend if the stomach is loaded with meat-diet. In large meat-eating countries, cancer mortality is very high. Vegetarians keep up the sound health till old age. Even in the West in the hospitals, doctors are now putting patients on vegetable diet. They convalesce very quickly.

Pythagoras, the Grecian Sage, condemned meat-diet as sinful food! Just hear what he says: "Beware! O mortals, of defiling your bodies with sinful food! There are cereals, there are fruits bending the branches down by their weight, and luxurious grapes on the vines. There are sweet vegetables and herbs, which, the flame, digestive fire, can render palatable and mellow. Nor are you denied milk nor fragrance of the aroma of the thyme flower; the bountiful earth offers you an abundance of pure food and provides for meals obtainable without slaughter and bloodshed."

If you want to stop taking mutton, fish, etc., just see with your own eyes the pitiable, struggling condition at the time of killing sheep. Now mercy and sympathy will arise in your heart. Then you will determine to give up flesh-eating. If you fail in this attempt, just change your environments and live in a vegetarian hotel where you cannot get mutton and fish. Move in that society where there is only vegetarian diet. Always think of the evils of flesh-eating and the benefits of a vegetarian diet. If this also cannot give you sufficient strength to stop this habit, go to the slaughter house and butcher's shop and personally see the disgusting rotten muscles, intestines and other nasty parts of the animal,

which emit bad smell. This will induce Vairagya in you and a strong disgust and hatred towards meat-eating.

It is not only heinous but an atrocious crime to kill a cow or a goat which gives invaluable milk, butter, etc. O self-deluded ignorant cruel man! do not kill these innocent beings. Terrible torture awaits you on the day of judgment. You are morally responsible for all your acts. The law of Karma is infallible. Killing of cows tantamount to killing one's own mother. What right have you got to take away the lives of these innocent animals which give you milk to nourish your body? This is a most brutal, inhuman, heart-rending act. The slaughter of cows, goats and other animals should be immediately stopped by legislation. The animal that is taken for slaughter causes various sorts of poisons in the blood on account of its fear and anger. The vegetarian diet can fully supply the dietetic needs of the body. Therefore, such cruelties are unwarranted.

I shall speak a word now on vitamins. Vitamins are also required in the diet. They build the bodies. If they are absent or deficient, the body cannot grow and deficiency diseases such as rickets, scurvy, etc., result. They are present in very small quantities in foods. They are like a spark which ignites the fire of nutrition. There are four important kinds of vitamins: Vitamin A, Vitamin B, Vitamin C and Vitamin D. Vitamin A is present in milk. Vitamin B is present in the unpolished rice and tomato juice. Deficiency of Vitamin B causes beriberi. Those who eat polished rice get this disease. Vitamin C is found in vegetables, fruits and green leaves. This vitamin is destroyed by cooking, tinning. Sailors suffer from scurvy, because they cannot get fresh vegetables and fruits during long voyage. They generally take with them the juice of lemons. This prevents the development of scurvy. Vitamin D is present in milk, butter, eggs, cod-liver oil, etc. Absence or deficiency of vitamin D causes rickets in children.

Food is nothing but a mass of energy. Food supplies

energy to the body and mind. If you can draw this energy from your pure will, if you know the Yogic technique of absorbing the energy directly from the sun or cosmic Prana, you can maintain the body with this energy and can dispense with food altogether. The Yogi gets Kayasiddhi or perfection of the body.

If food is completely digestible it will produce constipation. Food should contain some residue of fibres or husks which will form faecal matter. No water should be taken when digestion is going on in the stomach. It will dilute the digestive juice and impair digestion. You can take a glassful of water when you have finished your meals.

Where can Sannyasins who live on public alms get a well-balanced diet? On some days they get pungent stuffs only, on some other days sweetmeats only, and on some other days sour things only. But they draw the required energy through the power of meditation. This unique, Yogic method is unknown to the medical profession and scientists. Whenever the mind is concentrated, a divine wave bathes all the tissues with the divine elixir. All the cells are renovated and vivified.

Fasting is interdicted for practitioners of Yoga as it produces weakness. Occasional mild fast is highly beneficial. It will thoroughly overhaul the system, will give rest to the stomach and intestines, and eliminate uric acid. Yogic students can take one full meal at 11 O'clock, a cup of milk in the morning, and half seer of milk and 2 bananas or 2 oranges or 2 apples at night. The night meals should be very light. If the stomach is loaded, sleep will supervene. A diet consisting of milk and fruits alone is splendid menu for students of Yoga.

Simple, natural, non-stimulating, tissue-building, energy-producing, non-alcoholic foods and drinks keep the mind calm and pure and help one in Yogic practices and in the attainment of the goal of life.

3. SIVANANDA'S PRANAYAMA

Technique: Sit comfortably on a chair, sofa or easy-chair. Draw the air through both nostrils, as long as comfortable. Retain as long as comfortable. Repeat your Ishta Mantra or 'OM' while retaining the breath. Then exhale as long as comfortable. You need not observe any ratio between the inhalation, exhalation and retention; but let the inhalation and exhalation be deep and full.

Benefit: The benefits of this Pranayama are incalculable. All the muscles are relaxed. All the nerves are toned. Rhythm and harmony are established in the entire being. Mind is calmed. Circulation is promoted. An inexpressible peace and bliss come to reign within you.

You can do it in the morning while lying in bed. Your mind will become alert for commencing Japa and Dhyana. You can do it when the mind is about to lose balance on account of the setting in of lust, anger or other evil Vrittis; the mind will be filled with a great power that will prevent the evil Vrittis from disturbing it. You can do it just before commencing your study; the mind will be concentrated easily and what you study will be indelibly impressed in your mind. You can do it during your office-work; you will get new strength every time and you will never be tired. When you return home from the office you can practise this Pranayama and you will be recharged with fresh energy.

The greatest advantage is that once you start doing it you will do it very often; and your mind can never find an excuse for not practising this Ati-Sukha-Purvaka Pranayama, very easy and comfortable Pranayama which has all the advantages of Pranayama, without its 'rules and regulations'. Do it from now without fail.

4. KUNDALINI PRANAYAMA

In this Pranayama, the Bhavana is more important than the ratio between Puraka, Kumbhaka and Rechaka. Sit in Padma or Siddha Asana, facing the East or the North.

After mentally prostrating to the lotus-feet of the Satguru and reciting Stotras in praise of God and Guru, commence doing this Pranayama which will easily lead to the awakening of the Kundalini. Inhale deeply, without making any sound.

As you inhale, feel that the Kundalini lying dormant in the Muladhara Chakra is awakened and is going up from Chakra to Chakra. At the conclusion of the Puraka, have the Bhavana that the Kundalini has reached the Sahasrara. The more vivid the visualisation of Chakra after Chakra, the more rapid will be your progress in this Sadhana.

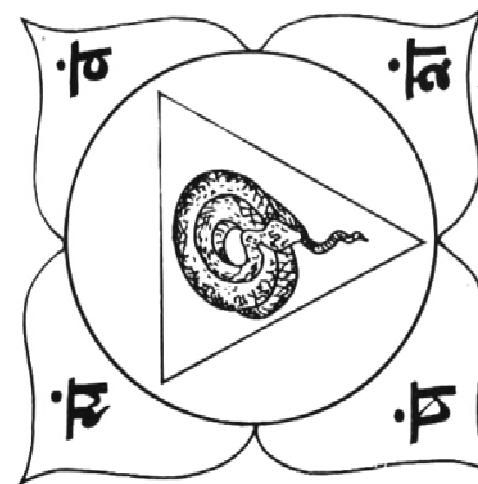
Retain the breath for a short while. Repeat the Pranava or your Ishta Mantra. Concentrate on the Sahasrara Chakra. Feel that by the Grace of Mother Kundalini, the darkness of ignorance enveloping your soul has been dispelled. Feel that your whole being is pervaded by light, power and wisdom.

Slowly exhale now. And, as you exhale feel that the Kundalini Sakti is gradually descending from the Sahasrara, and from Chakra to Chakra, to the Muladhara Chakra.

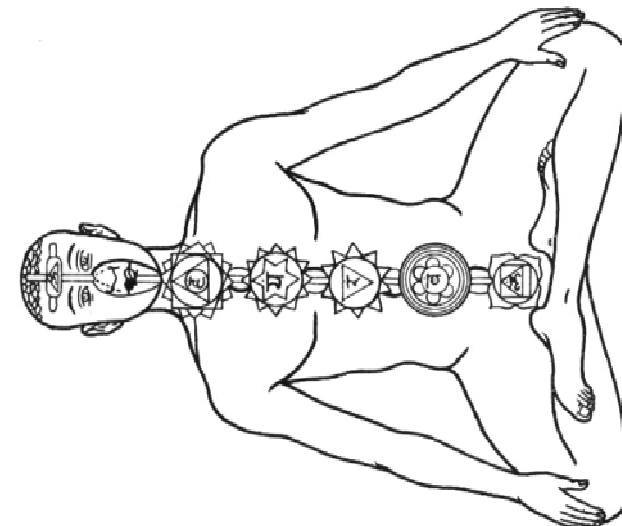
Now begin the process again.

It is impossible to extol this wonderful Pranayama adequately. It is the magic wand for attaining perfection very quickly. Even a few days' practice will convince you of its remarkable glory. Start from today, this very moment.

May God bless you with joy, bliss and immortality.



KUNDALINI AND MULADHARA CHAKRA



IDA, PINGALA, SUSHUMNA AND SHAT-CHAKRAS

May That Supreme Being impel our intellect towards the right path

99



TECHNIQUE OF DRAWING WATER
INTO BOWELS

100

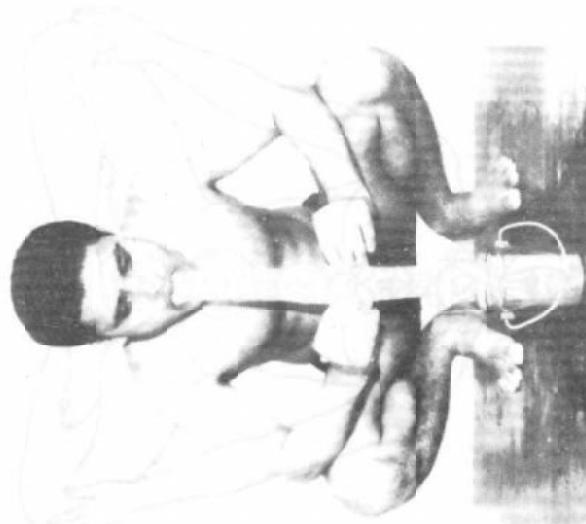
Let noble thoughts come to us from all sides



SUTRA NETI



JALA NETI



VASTRA DHAUTI

Be good Do good - Swami Sivananda

Be good Do good - Swami Sivananda

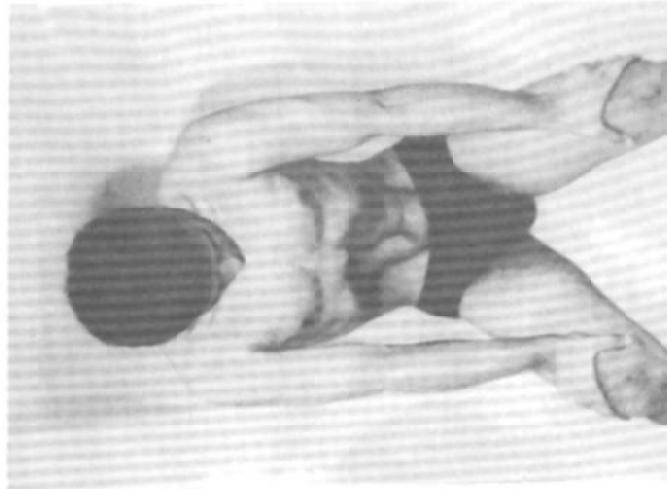
May That Supreme Being impel our intellect towards the right path 101



DAKSHINA (RIGHT) NAULI

MADHYA (CENTRAL) NAULI

102 Let noble thoughts come to us from all sides

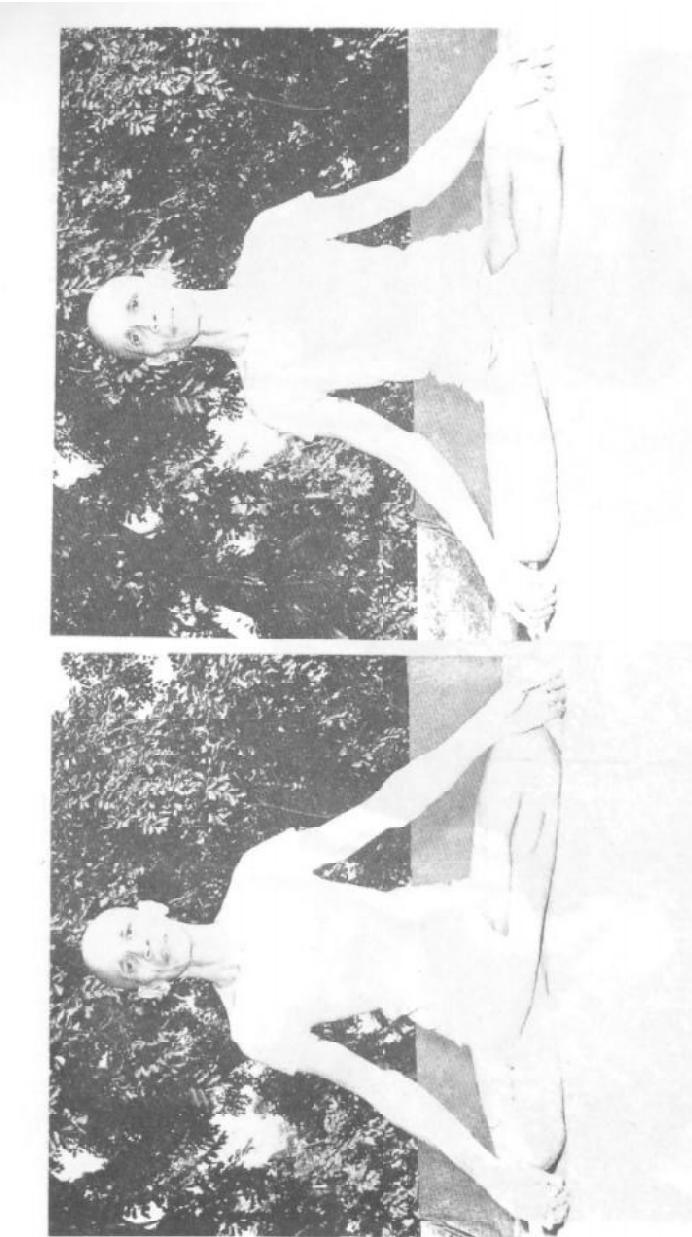


VAMA (LEFT) NAULI



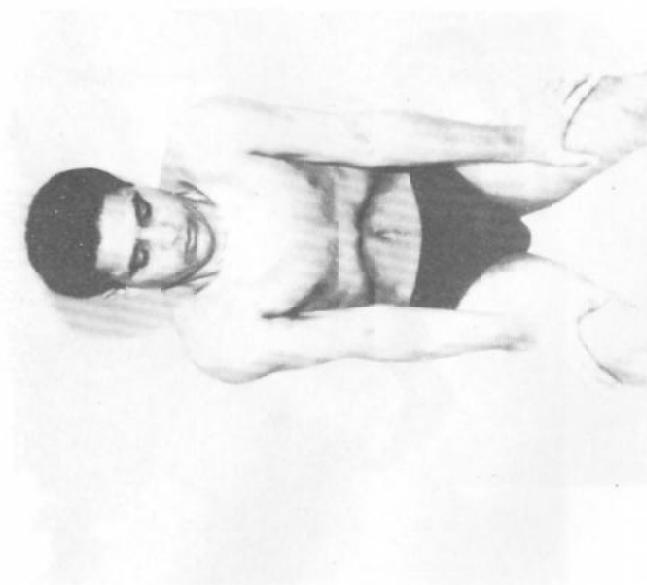
PADMASANA

May That Supreme Being impel our intellect towards the right path 103

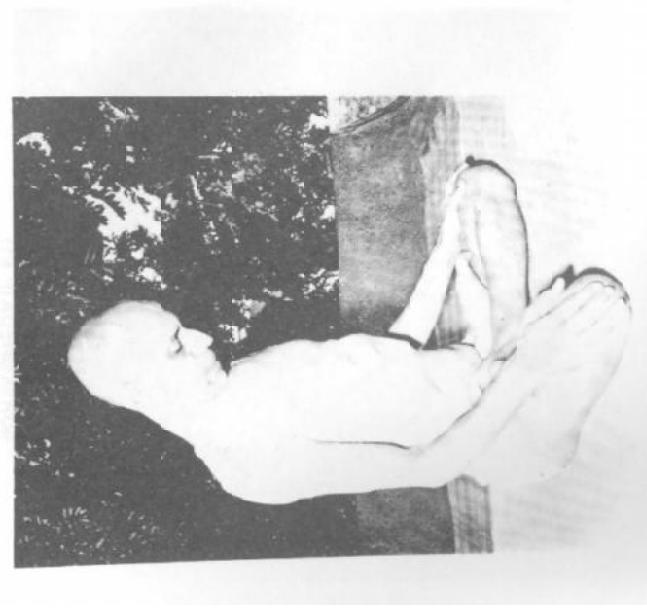


SIIDDHASANA

104 Let noble thoughts come to us from all sides



UDDYANA BANDHA



JALANDHARA BANDHA

Be good Do good - Swami Sivananda

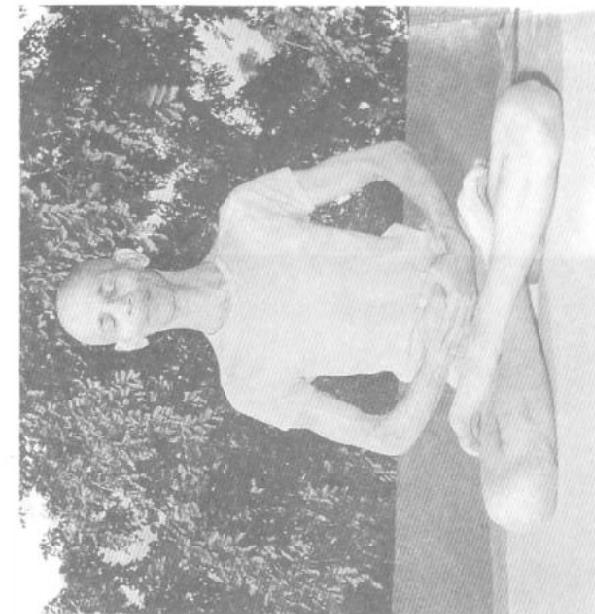
Be good Do good - Swami Sivananda

May That Supreme Being impel our intellect towards the right path 105

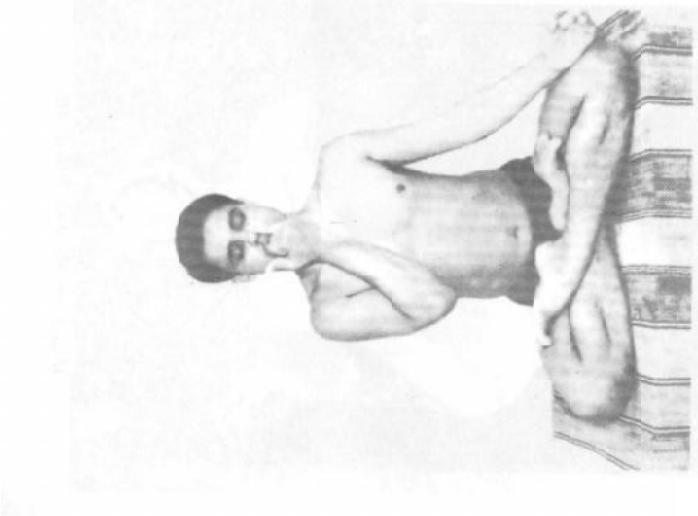


UDDYANA BANDHA

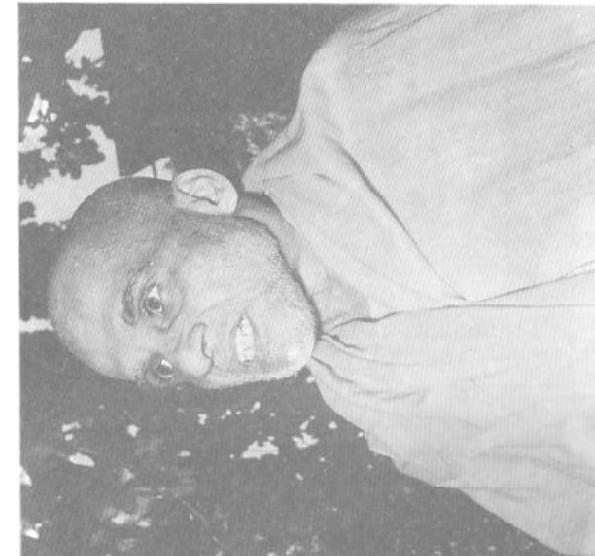
106 Let noble thoughts come to us from all sides



UJJAYI



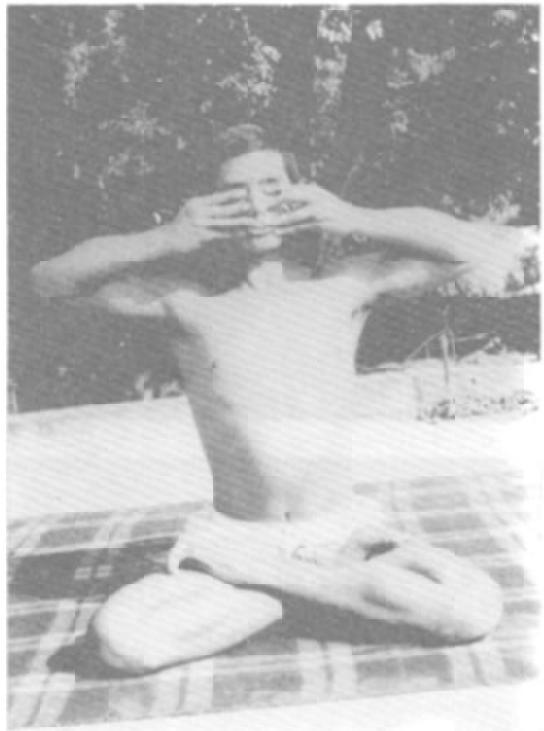
SURYA BHEDA



SITKARI

Be good Do good - Swami Sivananda

Be good Do good - Swami Sivananda



MURCHHA PRANAYAMA

B. The Aspirant's Daily Routine

(SWAMI SIVANANDA)

Here is an ideal daily routine for whole-time aspirants. He who adheres to this routine will easily attain psychic powers within a year.

Get up at 4 a.m. Clean your teeth, hands, feet and face. Go into your room. All the time repeating your mantra, sit down on your mat. (The ideal seat has been described in the *Bhagavad Gita* as kusa-grass, deer skin and cloth placed one over the other.) Recite some hymns to the guru, meditate upon him and pray to him for success in your practice. Then commence the practice of asanas. Whenever you feel fatigued, do savasana (deep relaxation) for a few minutes. Conclude this practice with viparita karani. Once again seat yourself. Meditate upon your guru once again and commence the practice of pranayama, sitting on siddhasana or padmasana. Perform at least ten pranayamas to begin with (gradually increasing the number to eighty). After this, practise the kumbhakas, commencing with kevala kumbhaka by the right and then the left nadis. Then suryabhedha, ujjayi, sitkari, sitali and bhastrika, etc. These should be followed by the mudras. After this, practise concentration; you will easily be able to hear the anahata sounds now. At the conclusion of this practice, offer your practice to the Lord as an offering.

This is the routine, and all these should be done four times a day — in brahmamuhurtha (1.5 hours before sunrise), at midday, in the evening and at midnight.

After the brahmamuhurtha practice is concluded, take a bath in lukewarm water and then engage yourself in your daily duties. After the midday practice, take a little rest and then take your meals. After this, engage yourself in the study of sacred books, or do japa. Commence your evening practice an hour and a half before sunset. (Viparitakarani should not be practised either in the evening or after a meal.) Padmasana and siddhasana are meant for japa and meditation. Vajrasana may suit some for this, and all will find it beneficial to practise for fifteen minutes after every meal.

GENERAL ORDER OF PRACTICE

Asana	Min. Duration	Max. Duration
Sirshasana:	10 mins	15 mins
Sarvangasana:	10 mins	15 mins
Halasana:	Repeat 3 or 4 times	
Matsyasana:	3 mins	4 mins
Paschimottanasana:	Repeat 4 or 5 times	
Bhujangasana :	Repeat 4 or 5 times	
Salabhasana:	Repeat 4 or 5 times	
Dhanurasana:	Repeat 4 or 5 times	

Ardhamatsyendrasana: Repeat the asana twice both ways

Mayurasana:	As long as possible	
Padahasthasana:	Repeat 3 to 4 times	
Trikonasana:	Twice	
Chakrasana:	Twice	
Savasana:	5 to 10 minutes	
Kapalabhati:	4 rounds	10 rounds
Pranayama:	20 rounds	40 rounds
Ujjayi:	10 rounds	20 rounds
Bhastrika:	5 rounds	10 rounds
Sitali:	10 rounds	20 rounds
Mahamudra:	6 rounds	12 rounds
Mahavedha:	6 rounds	12 rounds

Then, concentration and meditation.

Nauli:	6 times	10 times
Mula bandha:	6 times	10 times
Jalandhara bandha:	6 times	10 times
Uddiyana bandha:	6 times	10 times

C. SCIENCE OF RELAXATION (SWAMI SIVANANDA)

Life has become very complex in these days. The struggle for existence is very acute and keen. There is unhealthy competition in every walk of life. There is unemployment everywhere. Brilliant young men with extraordinary qualifications and recommendations alone get a job in these days. Therefore a great deal of continuous mental and physical strain is imposed on modern humanity by its deadening daily work and unhealthy mode of life.

Man has acquired many artificial habits and has allowed nature's original habits to lapse. He has brought tension in many muscles and nerves through incorrect posture. He has forgotten the first principles of relaxation. He will have to learn lessons from the cat, dog and the infant in the science of relaxation.

If you practise relaxation no energy will be wasted. You will be very active and energetic. During relaxation the muscles and nerves are at rest. The prana or energy is stored up and conserved. The vast majority of persons who have no comprehensive understanding of this beautiful science of relaxation simply waste their energies by creating unnecessary movements of muscles and by putting the muscles and nerves under great strain. Some persons shake their legs unnecessarily while sitting. Some drum with their fingers on the table when their minds are idle or vacant. Some whistle. Some shake their heads. Some tap their chests or abdomen with their fingers. Energy is thus dissipated through unnecessary movements of the different parts of the body on account of lack of knowledge of the elementary principles of the science of relaxation.

Fatigue is due to the overworking of some part of the body. It may be the brain if you study too much or do much mental work or it may be bodily wear and tear when you rush about all day long, because you use up nervous energy as well. If something exciting happens you react and are soon tired when the thrill is over. You must at intervals relax and be restful during the day as well as at night.

When the brain gets tired the first sign is that you cannot keep your attention fixed on what you are doing, no matter how hard you try. The brain demands rest, relaxation. If you give your full attention to any kind of work or game it will be very interesting. You will have no feeling of tiredness.

Exercise is necessary for health. Relaxation is equally necessary. You get complete relaxation in sleep. Disturbed sleep or dreamy sleep does not give full relaxation. The person feels tired and exhausted when waking in spite of the sleep.

You can maintain good health by alternating exercise with relaxation. Only then the tissues of the body utilise the blood fully, absorb nutrition, grow, repair and throw off the waste material.

Remember well that laziness or indolence is quite different from relaxation. Do not mistake laziness for relaxation. The lazy man is inactive. He has no inclination for work. He is full of lethargy and inertia, whereas a man who practises relaxation has vigour, strength, vitality and endurance. He never allows even a small amount of energy to trickle away. He accomplishes wonderful work, gracefully, in a minimum amount of time.

When you feel sleepy it indicates that your system is in need of rest. Give the needed rest to the brain and body at once. A few minutes rest and relaxation serve as a great restorer and refreshener. You will be quite fit for doing further work efficiently. Develop the habit of sleeping at will at any time.

You can get relaxation even when you are awake or working. All the parts of the body do not work at the same time. When certain parts or tissues are working you can give rest and relaxation to other parts. You must know well the science of relaxation.

The quality of relaxation depends on the mental poise of the person. A man who has a worrying habit cannot relax well. He always gets disturbed, dreamy sleep.

Relaxation comes through discipline. Busy people such as doctors and lawyers should know the science of relaxation. They should practise it daily. They can relax the mind and take rest also in the waiting rooms of railway stations and bar rooms as well. They will thus be quite fit for further activity in the courts or the dispensary. Relaxation refreshes a man completely.

Yogis know this science well. They are perfect masters of this useful science. Those who practise relaxation can conserve their physical and mental energy and utilise it to their best advantage. They will never experience fatigue. They can close their eyes for a few minutes even while standing, and so prepare themselves for further work. Energy flows in their nerves when they relax, just as water flows when the tap is opened. Those who do not possess a knowledge of this science of external and internal relaxation waste their physical and mental energy considerably.

When you wish to contract a muscle in order to perform an action, an impulse is transmitted from the brain through the nerve to the muscle. Energy or prana travels through the motor nerves, reaches the muscle and causes it to draw its ends together. When the muscle contracts it pulls up the limb you wish to move. Suppose you wish to lift up a chair. The desire creates an impulse in the brain. The impulse is transmitted from the brain through the motor nerves to the muscles of the arms. A current of prana or energy is transmitted along the nerves from the brain. The muscles contract and you perform the action of lifting up the chair. All other actions — conscious or unconscious — are similarly performed by you. If the

muscles are overworked, more energy is spent and you feel fatigue. There is much wear and tear in the muscles through overwork, strain and tension, on account of heavy expenditure of prana or energy.

An unconscious act is done instinctively or mechanically. The mind does not wait for orders. When the scorpion stings your finger, the finger is at once withdrawn. You do not argue here. This is an instinctive or mechanical movement.

The action of one set of muscles can be checked by the action of another set of muscles. One impulse may try to put one set of muscles in motion, and by sending another repressive impulse through another set of muscles you can counteract the action of the first set of muscles. For instance, if a man abuses you, you may jump at once to beat him. An impulse has already put one set of muscles in motion. You may check the impulse through discrimination and reflection—"I do not gain anything by beating him. He is an ignorant man. He does not know how to behave. Let me forgive him now." A repressive impulse will check at once the operation of the first set of muscles. Raising of impulses and counter-impulses or repressing impulses, cause high tension in nerves, muscles and brain. A large number of people are slaves of impulses; hence they do not enjoy peace of mind. They are tossed hither and thither.

The woman who can never relax, who never takes a real rest, will not retain her beauty. Her face will show signs of the fatigue her body is undergoing. Her body will lack poise. By being in a continual state of nervous tension (as many women are), she will grow old before her time, lose her looks and find that the tension has sapped all her strength away.

The science of relaxation is an exact science. It can be learnt very easily. Relaxation of the muscles is as important as contraction of the muscles. I lay great emphasis on the relaxation of the mind, the nerves and the muscles.

Relaxation is of two kinds, viz. mental relaxation and physical relaxation. There is another classification. If you relax certain muscles

of certain parts only, it is partial relaxation. If you relax all the muscles of the whole body, it is complete relaxation.

If you can relax all the muscles, brain and nerves you will get sound sleep the moment you lie down on the bed. Mahatma Gandhiji knew this science well. Napoleon also had a full knowledge of it. They could get sleep at any part of the day or night, at any time, and could get up at the very second they wished to.

Even while at work you can relax if you are conversant with this science. You can take a nap even while sitting in a chair when several people are talking and laughing, or when there is beating of drums. There are many jobs which can be done in a sitting position — darning, mending, sewing and machine work. Be careful to sit correctly in order to avoid fatigue. Only a few women are aware of the fact that a faulty position may enlarge the hips.

He who has perfect mental poise can relax and sleep at any time. He who can relax well can turn out much work. Change of work or pose is rest or relaxation. Meditation gives perfect rest.

Relaxation for a few minutes will serve as a great restorer. Once in the morning and once in the afternoon relax completely for ten minutes at least. No matter how urgent the task, stick to this rule. Sit on a very comfortable chair or lie flat on a mattress; prop up the legs about eighteen inches from the ground with a stiff cushion under the knees and let every muscle go 'flop'. If lying on the mattress, a cushion under the head will relax the neck muscles. Close the eyes. Make the mind blank.

The idea of propping up the legs is to make the spine lie flat and to cool the feet by letting the blood run away from them. When resting in a chair, prop up the legs and relax every muscle. It will not come easily at first but it can be turned into a habit.

Never sit on the edge of a chair. Place the body well back and have a firm cushion to support the lower part of the back. Another thing to remember is to choose a chair of the correct height. Do not cross the legs. Sit with the knees and feet close together and

firmly planted on the floor or on a stool.

Fatigue can be avoided at other tasks by adopting a correct standing posture. When a job necessitates your being on the feet for a long time, keep the knees and heels close together. This makes a pillar on which the body can rest. The weight of the body is not thrown on one leg or the other, but is distributed evenly on both.

D. RELAXATION

(SWAMI SIVANANDA)

The practice of relaxing the muscles of the body will bring rest to the body and to the mind also. The tension of the muscles will be relieved. People who know the science of relaxation do not waste any energy. They can meditate well.

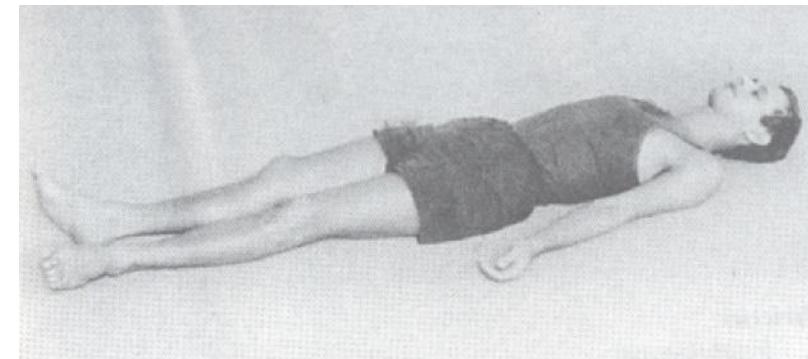
Savasana (Corpse Pose)

This is an asana for relaxation of all muscles, nerves, etc. It should be performed at the very end of your asana practice. (Mritasana is another name for this pose.)

Technique: Spread a soft blanket. Lie flat on your back. Keep the hands on the ground by the sides. Stretch the legs quite straight. Let the feet drop outwards. Close the eyes and breathe slowly. Relax all the muscles, nerves, organs, etc. Start the relaxation process from the toes. Then proceed to the calf-muscles, muscles of the back, chest, arm, forearm and hands, neck, face etc. See that the abdominal organs, heart, chest and brain are also relaxed. Relax the plexus of nerves also. Now repeat OM, OM, OM. Think of Atman. Meditate gently with a feeling of purity. Do not sleep. Continue the meditation for 15 minutes. You will enjoy perfect peace, ease, comfort and relaxation. Every one of you should enjoy it. Words are imperfect, they cannot adequately describe the feeling.

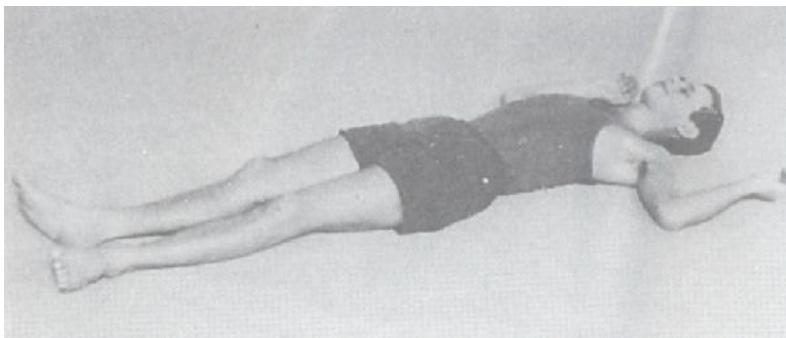
Benefits: Savasana combines pose and meditation. It gives relief, comfort and ease. After 15 minutes relaxation you will be wonderfully refreshed and rejuvenated. You will be more efficient and effective in whatever you do.

Relaxation is a very important factor in muscular exercises. The muscles that are put under severe strain demand relaxation and rest. It is savasana that promptly and efficiently ensures



complete relaxation and rest. In halasana, sarvangasana, paschimottanasana, dhanurasana and ardha-matsyendrasana you know pretty well that all the muscles of the back — lattissimus dorsi, psoas magnus and quadratus lumborum — the abdominus rectus, pectoralis major of the chest, biceps, triceps, the deltoid of the arm and sartorius of the thighs are all stretched and contracted to an enormous degree. During intense muscular activity the metabolism is increased. Metabolism is the anabolic and catabolic changes that take place in the body (wear and tear in the system). Anabolic changes are constructive and catabolic changes are the destructive ones. During metabolism all the muscular tissues are supplied with fresh oxygenated blood or plasma through capillary oozing, and carbon-dioxide is taken back through the veins to the right auricle of the heart. This is termed tissue respiration. Just as interchange of oxygen and carbon-dioxide takes place in the lungs, so also interchange of carbon-dioxide and oxygen takes place in the tissues also. Mark the wonderful creation and working of the internal mechanism of the body! How marvellous is the machinery. Can a scientist make a single atom, a single cell, a single organ of the body? Bow with folded hands before the Creator

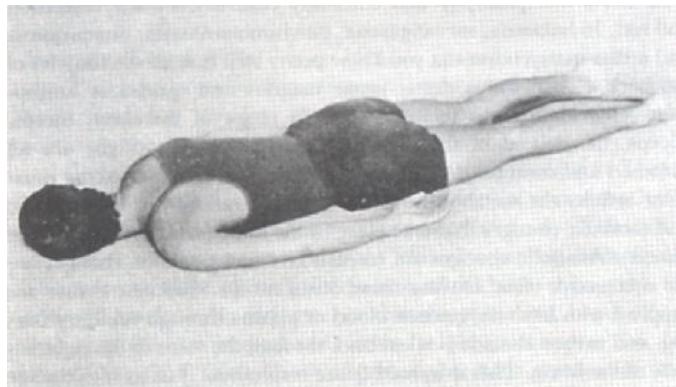
of this wonderful mechanism of the body. Repeat OM, OM. Enter into silence. Meditate. The whole mystery of creation will be revealed unto you through His grace.



Varieties

i. Jeshthikasana:

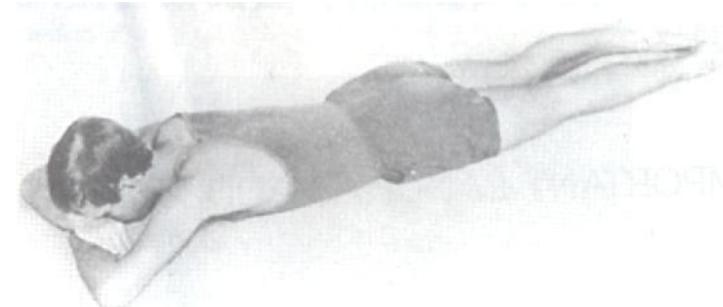
This is an exercise for relaxation like savasana. This must be done at the end of all the asanas. In this the hands are kept on the ground by the sides of the head, while in savasana the hands are kept at the sides.



ii. Adhvasana:

Lie down quite flat, keeping the belly and chest on the ground.

The hands will be at sides, palms facing upwards. Stretch the body well. This is a reverse pose of savasana with the same benefits. For some time keep the right cheek on the ground and for some time the left cheek.



iii. Makarasana (Dolphin Pose):

Lie on the ground face downwards as in adhvasana. Rest the forehead on the crossed wrists.

E. Mental Relaxation

(SWAMI SIVANANDA)

Just as you relax your muscles after having finished your asanas and physical exercises, so also you will have to relax the mind and rest it after concentration and meditation, after the practice of memory training and will culture. Relaxation of the muscles brings repose to the mind, while relaxation of the mind brings rest to the body as well. The body is a mould prepared by the mind for its enjoyment.

The mind gathers experiences through the body and works in conjunction with the prana, senses and body. The mind has influence over the body—for instance, if you are cheerful the body also will be healthy and strong, and when you are feeling depressed the body cannot work. Conversely the body has some influence over the mind. If the body is healthy and strong the mind will also be happy, cheerful and strong. If there is a stomach ache the mind cannot work. Thought takes form in action and action reacts on the

mind. The mind acts on the body and the body reacts on the mind. Removal of tension in the muscles brings repose and calmness to the mind.

A man of easily irritable nature cannot enjoy peace of mind. His brain, nerves and muscles are always under high tension. Every minute he is wasting abundant muscular and nerve energy and brain power. He is a very weak man though he may be endowed with physical strength, because he loses his balance of mind very easily. If you really want to enjoy unruffled peace and abiding joy, you must try to possess a calm, controlled and balanced mind by eradicating worry, anxiety, fear and anger, and by repressing impulses.

You do not gain anything by worrying yourself unnecessarily and manifesting anger for nothing at all. Fear, anger and worry are the products of ignorance. The muscles and nerves of a victim of anger and worry are always under contraction and high tension. Anger belongs to the brutal nature. Anger does positive injury to the brain, the blood and the nerves. You are not profited a bit by exhibiting anger. By repeating an action, a habit is formed in the mind. If you worry yourself frequently, a worrying habit is developed. Your vitality and energy are simply drained by worry, anger and fear. Why should you be afraid of anything at all, when everything is nothing but your own self ?

Mental poise and calmness may be brought about by the eradication of worry and anger. Be careful and thoughtful. All unnecessary worries should be avoided. Expel all worry, fear and anger. Think of courage, joy, bliss, peace and cheerfulness.

By relaxation you give rest to the mind, tired nerves and overworked muscles. You will get immense peace of mind, strength and vigour. When you practise relaxation of either body or mind, the brain should not be occupied with various sorts of loose extraneous thoughts.

The practice of relaxation of mind will remove internal mental strain, will fill the mind with new mental energy and will make you cheerful and happy.

F. SLEEP

(SWAMI SIVANANDA)

If you want to enjoy good health you must take enough rest. There is always a cycle in nature. A period of activity is always followed by a period of inactivity. Even the heart has a period of rest, as there is a short pause between heart-beats. Sleep is the most perfect form of rest, because it is shared by every tissue in the body. The muscles are completely relaxed, the heart beats a little more quietly and the brain also takes rest.

As the day and night alternate, so there should be an alternating proportion of work and rest. Man works hard in daytime so that he may get what he desires most. He is tossed hither and thither by the two currents of likes and dislikes, so he gets tired. During work, and even when the limbs are resting, the nerves have to work. They also need relaxation. Relaxation is necessary for health. During rest the repair and renewal of the tissues takes place. Perfect relaxation is obtained in sleep. Nature takes him to her bosom at night to soothe his tired nerves and brain, to refresh him and to supply him with fresh energy and vigour so that he may continue his activities the next day. She makes him go to sleep. Sleep is a physiological phenomenon by which the mind, the brain and all the organs get rest for some hours. During sleep the mind goes back to its source. There is temporary absorption of the mind into its cause — avidya (ignorance).

Even when you are asleep some eternal principle is ever awake. He is the silent witness of the three states: waking, dream and deep sleep. He is the source, cause, substratum and support for everything. He is the Lord of Lords. He is the soul of all. The mind rests in Him during sleep and derives power, fresh energy and peace.

Vedantins make a deep study of sleep and draw conclusions about the all-blissful Atman, the silent witness of the state of deep sleep. The mind assumes a seed-like state in deep sleep. The tendencies and subtle desires become latent. All thoughts subside. The mind that was working in the brain during the waking state moves through susumna nadi into the heart and rests in Atman. The jiva (individual soul) is very near to Atman. A thin veil of ignorance separates him from Atman, just as the thin veil separates the husband from his wife. The husband rejoices as soon as his wife removes the veil; even so the individual soul rejoices as soon as the veil of ignorance is removed and he comes face to face with God. Mind, prana, senses and the body derive their power from the one silent witness of all minds. It is the soul that really moves the senses, mind and body, and nature works. So Atman is the all-doer and also the non-doer, all-enjoyer and also non-enjoyer.

Sleep is nature's tonic for a healthy life. The more sound sleep one has, the more healthy he will be. The hours of sleep necessary depend upon your physical and mental capacity for resisting fatigue. Without sufficient sleep you will not be efficient. The amount of sleep required varies with age, temperament and amount of work done. As age advances people require less sleep. Ten hours sleep is necessary for a child. For an old man over sixty years, six hours of sleep may be sufficient. Adults who work hard may sleep for eight hours. (Medical men and psychologists are paying great attention these days to the question of sleep.)

Too much sleep makes a man dull and lethargic. What is required is quality of sleep. Even if you have a sound, dreamless sleep for one or two hours, you will be perfectly refreshed. There is no benefit from rolling in the bed for hours. Too much sleep causes premature decay and weakens brain power.

There have been several instances of famous men who kept fit and active with less sleep than that enjoyed by most people. Scaliger, the French scholar and contemporary of Shakespeare, slept

only for three hours. Wellington and Sir Henry Thomson, the famous physician who attained the age of 80, both considered that four hours of sleep was sufficient. So did Edison, who for thirty years limited his sleep to the same number of hours. Persons who do brain work are in need of more sleep and rest than those who do physical labour. Weak, debilitated and sick persons require more sleep and repose than healthy persons.

Avoid going late to bed. When you sleep keep all the windows and doors of your bedroom open. The more oxygen you inhale during your sleep the more refreshed you will feel throughout the next day. Do not take drugs to make your sleep. If you cannot sleep naturally take a brisk walk in the open air for fifteen minutes and then go to bed. You are sure to have refreshing sleep.

Sleep on your side, especially on the left side. This helps to empty the stomach. Keep the same time daily for sleep. Wear loose clothing. Do not cover yourself with heavy blankets or clothing.

Sleep with your head towards the east. Do not sleep with your head towards the north. You can sleep with your head towards the west or south.

Sleeping in the day time should be avoided, especially after a meal, as it tends to induce dyspepsia or indigestion and possibly diseases of the liver. However, a short nap, particularly in the summer in the afternoon, is refreshing and invigorating for those who do very active work in the morning.

Do not cover your head during sleep. It is quite unhygienic. You will inhale again the foul air exhaled by the lungs. Two persons should not sleep together for this reason. Lamps, candles and charcoal fires vitiate the air and should not be kept burning in the bedroom. Cooking should not be done in the bedroom. You will get sound sleep if you sleep in a quiet, dark, well-ventilated room.

Do not take any food late at night. Late supper makes the brain work and disturbs sleep. The brain is called upon to work the

digestive organs vigorously while it should be sleeping restfully. If you wish to get sound sleep you must regulate the hour of your last meal of the day. If 9 or 10 p.m. is the usual hour for sleep, do not take food after 6 p.m. You will have sound sleep. If you suffer from constipation, if the bowels are loaded, take a douche one hour before sleep. You will have sound sleep. (Do not develop a douche or enema habit, however.) Massage also induces sleep. Massage diverts blood from the brain to the exercised parts and this induces sleep.

Review your actions of the day before going to bed. Write down your spiritual diary. Make fresh resolves for the next day — such as 'I will not use vulgar or harsh words, I will control anger. I will observe celibacy. I will control passion, etc.' Repeat some prayer or sublime slokas of the *Bhagavad Gita* or *Upanishads*. Roll the beads of your mala for ten minutes and meditate on the form of the Lord and His divine attributes. Do not build castles in the air. Give up scheming and planning. If you have ill-feeling against anyone, forget it. Have pleasant thoughts only. Good spiritual ideas will sink down deep into the subconscious mind. You will enjoy sound sleep, free from evil dreams.

In going to sleep your eye-lids close first. The brain does not receive any message or impression from the eyes. The sense of taste and smell then go and then your ears fall asleep. Last of all the skin ceases to feel touch. The whole body is asleep.

Keeping wide awake throughout the night is called vigil. You will derive incalculable benefits if you practise vigil on holy days. You can practise vigil on every Ekadasi also. Complete fasting helps in the control of sleep. Control of sleep by taking recourse to tea is not desirable. You will not gain spiritual strength thus, as you have to depend upon an extraneous drug.

Half of your lifetime is wasted in sleep. Those spiritual aspirants who want to do rigorous sadhana should reduce their

period of sleep gradually. They can get real rest from meditation. For three months reduce the sleeping period by half an hour. Go to bed at 10.30 p.m. and get up at 4 a.m. During the next three months go to bed at 11 p.m. and get up at 4 a.m. Four hours sleep will amply suffice. You should not sleep in the daytime. In course of time you should become a conqueror of sleep like Arjuna and Lakshmana, and rest in the all-blissful, sleepless sleep, the nirvikalpa samadhi of yogis.

Sleep as a condition of rest cannot be governed by hard and fast rules. Much depends on a person's physical and mental capacity for resisting fatigue. Everything depends upon the constitution and on the amount of work as well as the kind of work which has been done during that day. Those who have reached the years of discretion should decide for themselves the amount of sleep they require.

G. MENTAL THERAPEUTICS

(SWAMI SIVANANDA)

We are accustomed in this age of scientific advancement to hear of marvels. Many people all over the world are expecting that nuclear physics will be utilised by experts for providing amenities of life to the common man, in a manner hitherto unimagined. Very probably it may also happen that the advancing practical philosopher may show the world how, by a purely mental process, physical ills can be cured. If any such thing happens, one need not wonder at it; because it is said that such things happened in our country in the remote ages past.

Our sacred scriptures tell us that the whole world comes out of the mere thought of the Creator. They also say that everybody himself, in real essence, is identical with God. The great sentence of the *Upanishads* is *Aham Brahmasmi — I am Brahman*. If that is the truth, if even the entire universe is only the external manifestation of the potency of a single thought, it must be very simple for an individual to project a thought which has got the potency to destroy the evil effects of a malady and create a curative process by which a disease is removed.

But who knows this trick? Sacred books say that the yogi knows it, that the yogi can cure himself of all diseases and also can cure others of their diseases. Is it possible in the present day for anyone to learn this secret? It seems to be so. At any rate, one can well think about the rationale behind such treatment of physical ills.

At the outset, let it be clearly stated that such a treatment is not of the nature of the widely advertised hypnotic cures. Spiritual treatment is the sending out or projection of vibrant, forcible, harmonizing thought waves which will take control of the patient's mind — not for the purpose of subordinating it, but for the purpose

of charging it with those energies which alone will make that apparatus (the mind) function effectively to do away with the discord-creating tendencies and impulses which are the root cause of the disease that the patient has been suffering from.

Disease is only the consequence of the absence of peace. If peace is infused into the patient, it will automatically get into his subconscious mind which will make the necessary changes in his mental make-up, so that the activity of aggression and anxiety will be suitably counter-balanced by the extra charge of purity and peace. The result will be that the conscious mind will begin to perceive that change in the form of diseaselessness.

If the spiritual healer is to be competent to give peace vibrations to the patient, he must have them himself. In other words, he must have stored up within himself a sufficient stock of peace. That is possible only if he has gone through the regular practice of raja yoga, which is control of the mental modifications.

The question now is: will there be in the world of the future a sufficiently large number of raja yogis who will be qualified to straightaway get at the root cause of all diseases — the absence of peace in the mind of the sufferer — and administer spiritual treatment in the form of successive potent doses of peace? If such a thing happens, most of the work of the medical practitioners will be taken away and they will thereby be able to devote their energies in some other constructive manner. If marvels can be achieved in the field of science, as is being done today, nothing stands in the way of the achievement of marvels in the field of spirituality.

This body is the moving temple of God, the sacred shrine for the Supreme Soul. It should be kept ever clean, healthy and strong. The individual soul is a reflection of the Supreme Soul in the mind. The mind is like a mirror. Selfishness, lust, hatred, anger and egoism are the dirt which spoils the transparency and purity of the mind.

The Supreme Soul is the source for all life and all intelligence animating the universe. It is a mass of pure consciousness and bliss. It is spirit. The physical body is dominated and guided by the mind, which is a higher power than the physical body. The mind draws its power and light from the Supreme Soul.

For many the body is all in all, it is everything for them. They worship this body; they have become abject slaves of this body—a mass of flesh and bone, a combination of the five elements. They have no idea of the soul; the body has become their Lord. They have no self-control at all. They neither practise any asana or regular exercise nor lead a well-regulated and disciplined life. They fill their stomach with sweets, pastries, etc., giving no rest to their digestive and eliminative organs. They ever suffer from physical weakness and disease. The atoms, molecules and cells in their body produce discordant and inharmonious vibrations. They have neither hope, confidence, faith, serenity nor cheerfulness. They are unhappy. The life force is not operating properly and their vitality is at a low ebb. Their mind is filled with fear, despair, worry and anxiety.

The physical body should be kept under your perfect control. It is only your instrument. It should be your willing servant ever ready to obey your commands. You are always the master and proprietor of this body. You are in essence the soul.

The influence of mind over the body is now well understood by the vast majority of educated persons. Every thought and every emotion exercises a direct influence over the body. Cheerfulness, faith, serenity, joy, happiness and love produce good, harmonious vibrations in the physical body. Hatred, doubt and depression generate disharmonious and discordant vibrations in the physical body. The influence of the mind upon the body excels all other agencies which can be brought to bear upon it. Mental therapeutics in the treatment of disease is exceedingly beneficial. Particularly in the treatment of nervous diseases, it surpasses all other kinds of treatment.

Health and Psychology

You must have a healthy state of mind if you want to lead a happy and healthy life and if you want to progress in the spiritual path. Most of the physical ailments spring from a diseased state of mind. Kindly bear this fact in mind. Emotional imbalance leads to all sorts of nervous troubles and physical illness also. That is why a real sannyasin, even if he is starved, homeless and friendless, is happy and full of vigour. He has inner strength.

You should lead a well-regulated life. Proper hours of work and rest are necessary. Then alone can you be healthy and peaceful, and have ample time for sadhana (spiritual practices). Then alone can you achieve success in all your undertakings. Go to bed at 10 p.m. and get up at 4 a.m. You will have strong nerves.

One reason why people suffer from nervous breakdown is that they do not know how to utilise their holidays. They are more busy on holidays than they are on working days! They waste more energy on holidays, in the name of recreation. There is in fact no re-creation but a re-doubled destruction. Observe the vow of silence on all holidays. Devote all your time to spiritual practices. Do this for six months from now; you will yourself experience the truth of what I say.

Cheerfulness, harmony, serenity, faith, love and compassion cooperate with the constructive principles in nature. They harmonise the physical vibrations, relax the tissues and muscles and open them wide to the inflow of the vital force and purity.

Develop the power of will through elimination of desires, cravings and low corroding emotions and thoughts. You can dominate and regulate the activities and the life-currents in your body through the power of strong, pure and resolute will. The organs and the nervous system, etc. will perform their work intelligently, harmoniously and serenely even under the stress of disease and other unfavourable conditions.

Through the power of will you can harmonise the blood circulation, you can direct the currents of prana to those parts or organs which need them most, you can remove congestion from certain areas or organs, you can charge certain diseased parts with vigorous prana and abundant nerve force, you can recharge your battery with new vigour and force and you can fill the vital sheath with abundant energy.

The more you are endowed with faith, serenity, love, courage, tolerance, devotion and sympathy, the more you open yourself to the inflow of divine energy or the vital forces.

Constant thinking of a disease intensifies the disease. Divert the mind. Keep it always occupied on some interesting work or other. You can minimise the force of a disease. If the mind constantly thinks of the heart as being in a diseased condition the mental pictures of disease, weakness and fear vibrations are telegraphed to the cells of the heart through the efferent nerves. The cells of the heart become more weakened and diseased through the discordant vibrations sent to them from the mind. Affirmations of health remove disease. Auto-suggestion is another form of psycho-therapy. This is beneficial in the treatment of diseases. By auto-suggestion one can turn his thoughts away from the idea of disease. He can break away from the habit of thinking he is ill and can create the habit of thinking he is well. The subconscious mind responds to constant and repeated phrases such as, "Through the grace of God, I am getting better every day, in every way."

You can cure diseases in others by giving healthy suggestions. A higher mind has influence over a lower mind. Diseases are produced by the sickly excited imagination. Bodily functions are influenced by ideas and imagination. The sickness is in the brain. The diseased imaginations must be combated in a proper manner through healthy, harmonious, powerful thoughts and good

suggestions. Suggestions have powerful influence. In the mind of a sick person put the idea, "You will quickly become alright". He will become better.

He who has great magnetic force or animal magnetism can help others in the treatment of disease. He can impart his magnetic power to weak, diseased persons. You can increase the healing power through exercising right thinking, concentration and meditation. Magnetism is a nerve force. It radiates or flows from the operator when an affinity exists between the mind of the healer and the one to be healed. He who is pure in mind, who has sympathy, goodwill, fellow-feeling, mercy and fear of God, can really magnetise others.

Selfishness, egoism, fear and worry contract the blood vessels and the nerve fibres and obstruct and dominate the inflow of the vital force or life-current, and lower the vitality and the power of resistance to external, immoral influences or forces.

Mental Health

Mental health is more important than physical health. If the mind is healthy the body will necessarily be healthy.

Mental hygiene deals with the condition and laws of mental health. It aims at conserving and improving the mental health of the individual and of the community. It touches many aspects of practical human life. It represents a systematised mass of knowledge which it derives from researches in psychology, psychiatry, medicine, sociology, biology, child-study and education.

An understanding of the principles of mental hygiene is highly desirable. A careful practice of these principles will lead to great happiness, strength and joy. Everybody should acquire a general knowledge of psychology, psychological medicine or psychiatry and some idea about the principles of education.

Man is a composite of three parts. He has a body, a mind and a soul. In dealing with the health of a complete human being

you must remember: (1) the body which is visible and tangible, and which is the organ of expression of your invisible and intangible (2) mind and (3) soul.

This body is the mould prepared by the mind for its enjoyment. It is another form of the subtle, invisible mind. The unseen mind has become the visible body.

The body is a counterpart of the mind. If there is pain in the tooth or the stomach or ear, the mind is at once affected. It cannot think properly. It is agitated and disturbed. If there is depression in the mind, the body also cannot function properly. For instance, if a man receives a telegram that his only son has died of pneumonia, at once his face becomes pale, his mind is agitated, he becomes nervous, he has no appetite and his red corpuscles are destroyed. The mind is affected at first. He receives a shock. Afterwards the whole body reacts. Mark here the influence of the mind over the body!

As physical health is an important condition of mental health, strain of any organ, excessive fatigue and mental strain should be avoided. Your life must be well-regulated and disciplined, and excess of any kind should be avoided. You must stick to the happy, golden medium. Rest is necessary.

Tobacco, alcohol and intoxicating drugs affect the brain, nerves and the mind also. He who is addicted to these drugs cannot enjoy mental health or physical health. Give up these intoxicants at once.

Mind is a mysterious subtle force. It is the power of the Atman. It is a product of nature. It is a non-entity that appears as an entity. It is a bundle of desires, thoughts and imaginations. It creates and destroys this world. It is manifestation of para shakti (supreme energy). It is an offspring of illusion or ignorance. It is composed of three qualities: sattva (purity, harmony, light, goodness), rajas (passion, motion) and tamas (inertia, darkness, ignorance).

If sattva prevails you will enjoy wonderful health and peace. If rajas predominates, the mind will be restless, perturbed, agitated and distracted. If inertia or tamas predominates, the mind will be heedless, indolent and lazy.

Fill the mind with sattva. Have satsang or association with the wise. Cultivate faith, serenity, truthfulness, courage, mercy, devotion, love, cheerfulness, confidence, divine thoughts and divine virtues. Change worldly thoughts. Allow the mind to run in the spiritual direction, in divine grooves. Your mind will be peaceful, harmonious. You will have excellent mental health. You will have no physical disease.

Practice of ahimsa (non-violence), satyam (truthfulness) and brahmacharya (celibacy) is necessary in maintaining good mental health. Truth is an honest endeavour to convey a real expression of what has occurred or what is intending, to those around you. The truth, the whole truth and nothing but the truth can satisfy God and your own heart. Truth cannot be measured by rods and furlongs, minims and ounces. Thought must totally agree with the speech and the speech with the action. This is truth.

Himsa (violence), falsehood and impurity fill the mind with restlessness, cares, worries and anxieties. You cannot have peace of mind even for a second. How then can there be good mental health where there is no peace of mind?

If you wish to have a successful and useful life and good mental health it is absolutely necessary for you to acquire the virtue of self-control. Life will be a long series of futilities, a succession of follies if the quality of self-control is absent.

Psychologists are of the opinion that disease is not primarily of body or flesh, but of mind. They say that disease is caused by poisons generated in the blood by anger, revenge, hatred, lust, etc.

The root cause of all diseases is ignorance. Ignorance leads to desire, greed and anger. These torture the heart. From these

spring 'mine'ness, jealousy, attachment, envy, malice, egoism, pride, hypocrisy and hatred.

The pains which afflict the body are called the secondary diseases, while the desires that afflict the mind are called mental or primary disease.

In the *Yoga Vasishtha* Sri Vasishtha says:

Now listen, O Rama, as to the manner in which the two forms of disease, primary and secondary, perish in two days. The wise say that primary disease has two sub-divisions — ordinary and essential. The former includes the diseases incidental to the body, while the latter includes the rebirth men are subject to. If the diseases which afflict the body return to their primal source, then they are destroyed. Their primary causes being (bad) thoughts, if these thoughts are destroyed, all bodily diseases will vanish. But the disease of rebirth will never perish except through Atmajnana (direct knowledge of the Self). Is it possible to suppose that the misconception of a serpent in a rope will be removed except through the discovery of real rope? But those grievous diseases of the body which do not arise through the original cause, can be extirpated through mantras, medicine and the many means proposed by men well-versed in medical lore. I need not expatiate upon this subject any further here.

Then Rama asked Vasishtha how mental diseases arise and how they are destroyed. Vasishtha proceeded thus:

When the mind is agitated, then this body also follows in its wake. And when the body is agitated then there is no proper perception of things that are in one's way, and prana flies from its proper road like an animal hit by, and reeling under, the impact of an arrow. Through such agitation prana, instead of pervading the whole body steadily and equally, will vibrate everywhere at an unequal rate. Thereby the nadis will not maintain

a steady position (like electric wires), but will quiver. The food which settles itself down in this body amidst such a commotion is transformed into incurable diseases. Thus through the primary cause (of the mind) is the disease of the body generated. If this primary cause can be annihilated at its root, then all diseases will be destroyed. Now hear the path by which diseases may be removed by the uttering of mantras. Like base gold which, when placed in the crucible, is transmuted through alchemical process into pure gold, the mind is unfailingly rendered pure through true, virtuous and pure actions and through dependence upon the wise. In the mind thus purified there will arise unalloyed bliss. Is not the whole world exhilarated with joy when the soft moon begins to shed its silvery light on it?

If the mind becomes purified with the true sattva guna, then prana will begin to circulate freely throughout the body, the food taken will be digested properly, and hence no diseases will arise. I have thus described to you the path through which the two kinds of diseases can be destroyed.

If your mind is pure, if your thoughts are pure, you will be free from all diseases, primary and secondary.

If you want to possess good mental health, you must be always cheerful. You must cultivate this virtue again and again. Cheerfulness acts as the best mental tonic. Depression, gloom and cheerlessness corrode the mind. If there is depression you do not have a good appetite, you feel very weak, you cannot talk briskly, you cannot do any work with intense attention and application. If there is pain in the physical body, you cannot think properly, you cannot meditate. This is the common experience of all.

Removal of hatred through cosmic love, service, friendship, mercy, sympathy and compassion, removal of greed through disinterested service, generous acts and charity and removal of pride through humility will help you a great deal in the achievement of good health.

Fortitude, forebearance, patience, endurance and balance of mind keep the mind in a good healthy state. Therefore endeavour to possess these divine virtues.

If you are sulky, irritable, greedy and selfish, these bad traits will produce a deleterious effect on your own physical and mental health and will have a definite influence on others. They are positively harmful to others.

In many cases both mental and physical troubles are due, not to inexorable fate or inevitable misfortune, but they arise for want of knowledge and as a consequence of a weak and wrong management of the circumstances of life.

Eliminate fear, care, worry and anxiety by relying on God. God is the source of power, wisdom and bliss. Fear, worry and anxiety corrode the mind. They paralyse the mind and fill it with despair, depression and despondency.

Avoid all mental conflicts. Do not interfere in the affairs of others. Have perfect tolerance and broad adaptability. Allow individuals to grow in their own ways. Every man has his own way, his own predilection, his own natural capacity, temperament and outlook. No two men are alike. Endeavour to remove any undesirable and unsocial trait in yourself.

The real supreme healer is God. His grace alone can make you hale, hearty, cheerful, joyful, blissful and healthy. Take refuge in Him alone with all your being. Be righteous. Lead a well regulated, disciplined life. Observe the rules of health and hygiene and be happy forever.

Japa, chanting, study of sacred scriptures, meditation, enquiry, reflection and pranayama all pave a long way to the attainment of mental health. Therefore practise japa and meditation. The flow of divine grace, the flow of purity from the Lord towards the

pious student of yoga, heals the mind. When the mind is healthy the body is also healthy. Purity and divine grace are mighty spiritual forces.

Do not become a faddist or slave to some fad. A faddist is intensely, hopelessly and terribly attached to his own weak pet theories or beliefs. A yoga student, an allopath, a naturopath, an ayurvedic vaid, a scientist and a philosopher have their own fads. They never listen to other people's arguments, however cogent, convincing, sound and strong they may be. A faddist develops intolerance and bigotry, which make his mind hard and thus prevent his intellect from vibrating harmoniously to receive others' views.

Brahman or the Eternal is infinite. His expressions are also infinite. Allopathy, homeopathy, hydrotherapy, chromopathy, electropathy, naturopathy, ayurveda, etc. are all His expressions. All these systems are very essential. Temperaments are different: therefore different systems of treatment to suit men of different temperaments are also necessary.

Auto-Suggestion

Every one of you should practise auto-suggestion, as it has marvellous benefits. Whatever medicine cannot do, this psychic method powerfully accomplishes. It gets rid of disease and establishes admirable health, power, energy and vitality. It consists of powerful assertions: e.g. 'I am becoming better and better, every day in every way.' Constantly repeat this mentally. Constantly dwell on these thoughts. As you think, so you become. Think you are strong, strong you become. Think you are weak, weak you become. Think you are a sinner, a sinner you become. Think you are Brahman, Brahman you become.

Mind makes a hell of heaven and a heaven of hell. Mind is the cause for bondage and for liberation. Never give-in to dark

negative thoughts. Drive them out. Kill them on the spot.

Even if you are the poorest of the poor, the dullest of the dull, never move a fraction of an inch from your real position. *Tat tvam asi* — ‘*Thou are That*’ — Thou art Brahman. You are the sun. The whole world moves around you. There is nobody superior to you in the whole world. Assert strongly. Affirm. You will feel tremendous strength and power.

If you want to get rid of constipation (or any other disease) do any of the following:

1. Personify the disease. Assert. Command: “O disease constipation, get out!” The disease will die. The vital force inside will bring about repair and renewed energy. This method demands strong will-power.
2. Ignore and do not think of the disease. Divert the mind when thoughts of the body arise. Do this several times. The disease will disappear. Children do not feel cold while at play. Sleep vanishes when you are attending a cinema show. Hunger passes when you are interested in a music party. Why? Because the mind is diverted and kept occupied in something else. This is an easy method. Combine no. 1 with no. 2. This is a healthy combination.
3. Deny the existence of disease.
4. Truce method. Make alliance and friendship with the disease constipation. Praise the disease, “O disease constipation. You are a great power of Brahman. You have troubled me enough. I know your potency. Kindly get out of my system!” The disease will die out. The vital force inside will attend to the wear and tear and induce renewed energy and vitality. This is an easy method also. In the treatment of cobra poisoning, those who use a mantra praise Garuda, the vehicle of Lord Vishnu (Garuda mantra). This corresponds to the above method.

You can derive the beneficial results in a couple of days. You must calmly wait for some time. Have constant practice till you establish a mental habit. Then the subconscious mind will do the work for you.

Auto-suggestion is a powerful cheap agent to develop your willpower. You can get over any difficulty. You can tide over despairing situations. You can smile in any adverse situations. Have the word-image POWER—STRENGTH—VITALITY before the mind always.

H. Twenty-Four Precepts (SWAMI SIVANANDA)

1. Yoga brings a message of hope to the forlorn, joy to the depressed, strength to the weak and knowledge to the ignorant.
2. Fear is the deadliest disease. It is the cause of worldly cares and anxieties. Remove this by cultivating courage and meditation on the fearless Atman or Immortal Self.
3. Temperance, exercise, pure air, wholesome food, rest, refreshing sleep and God’s name are the best of all physicians.
4. Mere wholesome diet, fresh air and exercise alone cannot give you lasting health and happiness. Spiritual life alone can bestow real health and happiness.
5. The mind vibrates discordantly and the five sheaths vibrate inharmoniously on account of the force of passion and inertia, likes and dislikes, lust, greed, hatred, fear and jealousy. How can you expect real happiness and health when such a state of affairs prevails in the system?
6. Mental health is more vital than bodily health. Diseases take their origin in the mind first and then manifest in the physical body.
7. Do not think of a disease too much. Too much thinking of the disease intensifies and strengthens the disease. Forget the body and

the disease. Keep the mind fully occupied on useful works.

8. Abandon imaginary fears, unnecessary worries, cares and anxieties. Have perfect faith in God and do what is right.

9. When you were small children you had tummy aches and bilious attacks. When you were young you got egoistic-fever, lust-fever, anger-fever, jealousy-fever. When you are old you get headaches. Remove inertia, lust, egoism, likes and dislikes. Get knowledge of the Self and attain eternal health and happiness.

10. The practice of pranayama has a wonderful influence over the body, the mind, the intellect and the senses.

11. Pranayama regulates the breath and the mind also, and brings about harmonious vibrations. You will enjoy good health and happiness. Therefore be regular in your daily practice of pranayama.

12. The practice of asanas develops the body, and the practitioner is agile and nimble. He has a very elastic spine and a supple body.

13. Practise celibacy (brahmacharya). Entertain pure divine thoughts. Study sacred books. Have satsang. Dwell in the company of saints.

14. He who boasts, "I have never had any disease in this life," has lost the greatest lesson of life, the most beautiful lecture room in the great school of humanity — the sick chamber.

15. Disease is indeed a blessing. It opens your eyes to the realities of life. It instils mercy and sympathy in your heart and turns your mind towards God.

16. When a man is suffering from an acute unbearable pain he abandons his vanity and recollects that there is God. He becomes humble and penitent.

17. If you visit a patient, do not talk about his disease but cheer him up. Tell him some stories of saints or great mahatmas and their great deeds. Make him laugh through educative humour. Chant with

him. This is a potent and unfailing tonic.

18. Cultivate divine virtues such as purity, magnanimity, humility, cosmic love, courage and forgiveness. Then there will be harmony and peace in the mind, and consequently you will enjoy real good health and happiness.

19. Enquire 'Who am I?' There cannot be any disease in the ever-pure all-pervading immortal diseaseless soul. Disease belongs to the material body and not to the resplendent spirit or soul.

20. The ingredients of health and long life are prayer, japa, chanting, meditation, serenity, cosmic love, temperance, regulated life, fresh open air, regular exercise, regulated breathing exercises or pranayama, sunbath and good wholesome food.

21. Do unconditional and unreserved self-surrender to the Lord. He will take care of you. Be at ease. You will be free from fear and worries. You will enjoy health and happiness.

22. Practise the presence of God. Behold Him in all faces, in all beings, in all forms. See Him everywhere.

23. Prayer, chanting, japa and meditation fill the mind with purity. Divine energy flows from the Lord to the devotee.

24. Meditate ceaselessly on the desireless, ever-blissful Atman. Chant OM. Sing OM. Do japa of OM. You will be blessed with health and happiness.

Books suggested for further study

1. Yoga Asanas - Swami Sivananda
2. Science of Pranayama - Swami Sivananda
3. Health and Diet - Swami Sivananda
4. Health and Hygiene - Swami Sivananda
5. Radiant Health through Yoga - Swami Sivananda
6. Health and Long Life - Swami Sivananda
7. Health and Happiness - Swami Sivananda
8. Practical Guide to Yoga - Swami Chidananda
